Contents

	Introduction	1
Chapter 1:	Why do digital life story work?	5
	What is life story work and why is it important?	5
	Life story work with young people	7
	A window of opportunity	7
	Adolescents, digital technologies and risk	8
	Digital technologies in life story work	10
	Technological difficulties	11
Chapter 2:	The projects	13
	Thinking about a project	13
	How to use the projects	13
	1. Remaking memories	15
	2. Digital audio stories	20
	3. Points of view	24
	4. Soundscape	27
	5. Life tracks	29
	6. Photo mashup	31
	7. Toontime	33
	8. Three-minute movie	35
	9. Podwalk	37
Chapter 3:	Working with young people	41
	Negotiating expectations	41
	Core responsibilities when supporting and guiding reflections	42
	Digital boundaries	46
	Summary	49
Chapter 4:	Preplanning, pitching and planning	51
	Preplanning: people, places and possible stories	51
	Pitching and planning	56
	Summary	57
Chapter 5:	Creating content	59
	Points to consider when creating content	59
	Managing risks when creating content in public	63
	When is enough content, enough content?	66
	Summary	67



Chapter 6:	Editing and production	69
	Preparing a computer for editing content	69
	Preparing content	70
	Editing content and stories	71
	Production	75
	Summary	79
Chapter 7:	Completing the project	81
	Holding a première	81
	Time capsules	84
	Summary	85
Chapter 8: Towards tomorrow: storying the self		87
	Safe use of technology	87
	Widening participation	89
	Sharing digital life story work	91
	Looking back and moving on	93
	Future directions for digital life story work	94
Useful refe	rences and further reading	95
Appendices	S	
	Appendix 1: Equipment for digital life story work	97
	Appendix 2: Jargon buster	99
	Appendix 3: Cyberbullying resources	103
	Appendix 4: Filming and editing tips	104
	Appendix 5: Worksheet for use with the young person	107