

exposure

Youth communications charity



LEARNING FROM LOCKDOWN

Young people's experiences during the pandemic

presentation by Andreas Koumi

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Showreel

Giving something back...



<http://exposure.org.uk/showreel/>



00:00



00:55



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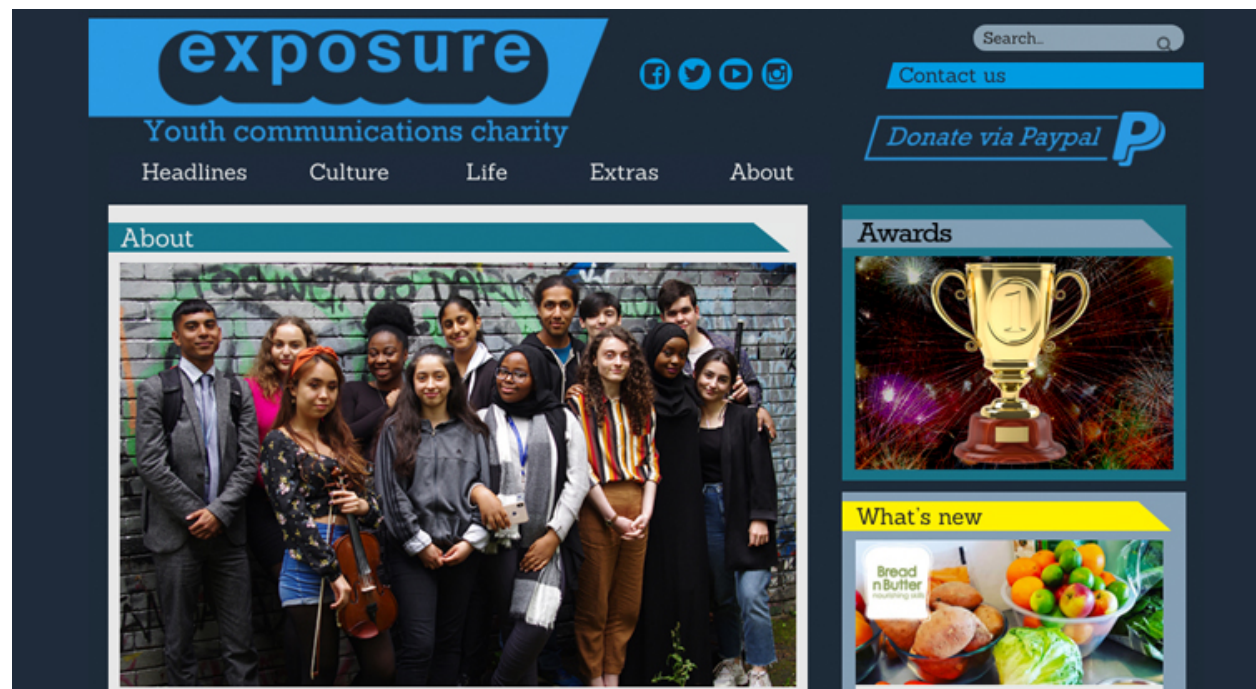
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Introducing Exposure

- Online publishing, creative communications
- Powerful voice through our website & social media
- Harness technology to develop workplace skills & confidence
- Create & share articles, stories, poems, images, podcasts, films



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Mission

- Thrive creatively, for the good of others as well as themselves
- Tackle mental health, equality, culture, careers & climate change
- Educate, inform, inspire & reassure friends & family
- Narrative therapy improves their inner, outer & future world

Moves still needed to
end discrimination





Lockdown response

- Office shut, workshops in schools/colleges suspended
- Moved to remote delivery model & working with partners
- Liaising by email, text, social media & Zoom
- Issued young people with guidance to prompt creative outputs





Coping with Covid

- Maintaining mental health & wellbeing
- Sharing worthwhile activities & coping strategies
- Being positive, productive & creative
- Exploring impact on society, the future, the environment





Amazing response

- Dozens & dozens of creative contributions
- Students, in care, LGBT, autism, refugees, living with HIV
- Overcoming anxiety, isolation, confusion, uncertainty
- Exercise, song writing, drawing, cooking, bag making





Summer film project

- Visually captured young people's Covid-19 testimonies
- They prepared, filmed & shared mobile phone clips
- Also sourced accompanying moving/still images & audio
- Assembled everything into coherent narrative



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Exclusive lockdown t-shirts

- Attractive design by young illustrator, Callum
- Reward participants with cool souvenir for period
- Given choice of four colours
- Delivered directly to their door



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Sense of solidarity

- Although separated, showing all in it together
- Photos of participants sporting t-shirts shared on social media
- Helped promote forthcoming film & Exposure
- Others bought t-shirts generating income for charity





Theme tune

- Sadie, Finn & Jonny inspired to create song for film
- Wrote lyrics & music; recorded track at home
- Reflected their mixed feelings during period
- Anthem for anxious teens seeking solace in 'new normal'



'Keep it Together': writing
lockdown 2020 song

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Positive outcomes

- Over 20 young people appeared in front of camera
- Others involved editing, graphics, sound & visual effects
- Shared by UK Youth, Barnet Council, Young Barnet Foundation
- Featured on Jack Petchey & Barnet Local Offer websites



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Personalised 'thank you' cards

- Produced by young designer, Zoe
- Commemorative certificates for all participants
- Surprise delivery by post recognising achievements
- More opportunities for sharing on social media



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Learning from Lockdown



Watch later



Share

L **EARNING**
L **FROM**
+ **CKDOWN** **+**

<https://bit.ly/3pIcFc2>

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Contact

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- Instagram: [exposure_org](https://www.instagram.com/exposure_org)
- YouTube: [exposureuk](https://www.youtube.com/exposureuk)

The new 'normal':
life after lockdown

