

Muscular Dystrophy Queensland

You're the Voice Narrator's Kit



About the Program

Welcome to “You’re the Voice¹”, a project by youths and adults with neuromuscular disorders.

Our aim is to create podcasts, videos and related materials to help young adults with neuromuscular disorders to thrive physically, socially and emotionally, a quality of life dialogue.

We invite our community to contribute dialogues which immerse young people with neuromuscular conditions in the character strengths and strategies, which enabled others in similar circumstances to thrive. A number of strategies and metalanguage will be encouraged and are included in this kit, but you are free to discuss whatever strategies or skills that will empower others with confidence and resilience to follow their own dreams.

We accept narrations, interviews, panel discussions, monologues –the possibilities are unlimited but we want to hear your voice in all submissions.

Why should I participate?

You will be part of a global community and sharing ideas with others who are living with a neuromuscular condition. In addition to building others up, by contributing to this project you are actively demonstrating character traits that this project is about developing and growing; being involved in your community and focusing outwardly.

Preparing a potential broadcast and editing your experiences and learnings is time consuming so, if your video/podcast is accepted for publication, the *You're the Voice* project will pay you for your contribution - \$2.50 per minute for all accepted submissions.

What we ask of you in preparing your video/podcast for submission

You are not limited in your content choices but we reserve the right to reject submissions based on accuracy or quality. Excessive self-promotion or promotion of specific doctrines will also be ineligible. Ideally keep your presentations between 20-30mins.

Topic Suggestions

Medical	Independence
Therapy	Education
Social	Employment
Emotional	Recreation
Assistive Technology	Volunteering
Transportation	Global Citizenship
Communication	Creativity
Collaboration	Science
Enterprise	Literature
Comedy	Other

¹ You're the Voice is funded by PTC Pharmaceuticals and implemented by Muscular Dystrophy Queensland.
V2: 7 April 2017

Consult the facilitator if you are not familiar with the free online tools or need advice of any kind.

Possible File Formats: MP3/AVI /MP4 and/or .PDF infographic

Modes of presentation

- Interview – between yourself, and another person e.g. an expert, someone else with a neuromuscular condition
- Monologue – anecdote, blog, prose, poetry
- Panel discussion – a discussion with two or more stakeholders
- Narration of related creative work (original or with permission to digitize) including: song, poem, play, procedure
- Other interesting aspect of living with a neuromuscular condition

Tools

- For recording and editing of your submission – use Audacity Freeware. Download from <http://www.audacityteam.org/download>
- Submissions to Dropbox (must be accompanied by cover sheet and copyright waiver).
- Published materials will be uploaded to Soundcloud and YouTube and indexed on MDQ's website – www.mdqld.org.au
- Suggested tools for verbal materials: PowToons, Piktochart, PDF, Animaker, Movie Maker etc.
- Video recordings are useful but audio may also be stripped for podcasts too.
- Feel free to attach photographs and useful links that we can include in the captioning.

How to prepare

- It may be useful to make a simple plan of what you are going to do/say
- Watch the many useful YouTube instructional presentations provided about how to speak to an audience on radio/camera. Suggestions are also available for microphones or online interview tools such as skype.

How to upload your narration

Upload your narration and any accompanying files directly to the You're the Voice Dropbox by following the link below.

<https://www.dropbox.com/request/N2cM21jDehxnlpwnu5u8>

Checklist

- Email the project leader with your idea. You will be developing your idea alongside this person
- Prepare text, questions, practice
- Organize any guests or events (The project is unable to cover event costs)
- Record/Edit
- Complete cover sheet (included in this kit)
- Complete copyright waiver (included in this kit)
- Upload media file and similarly named cover sheet and waiver to Dropbox.

Metalinguage²?

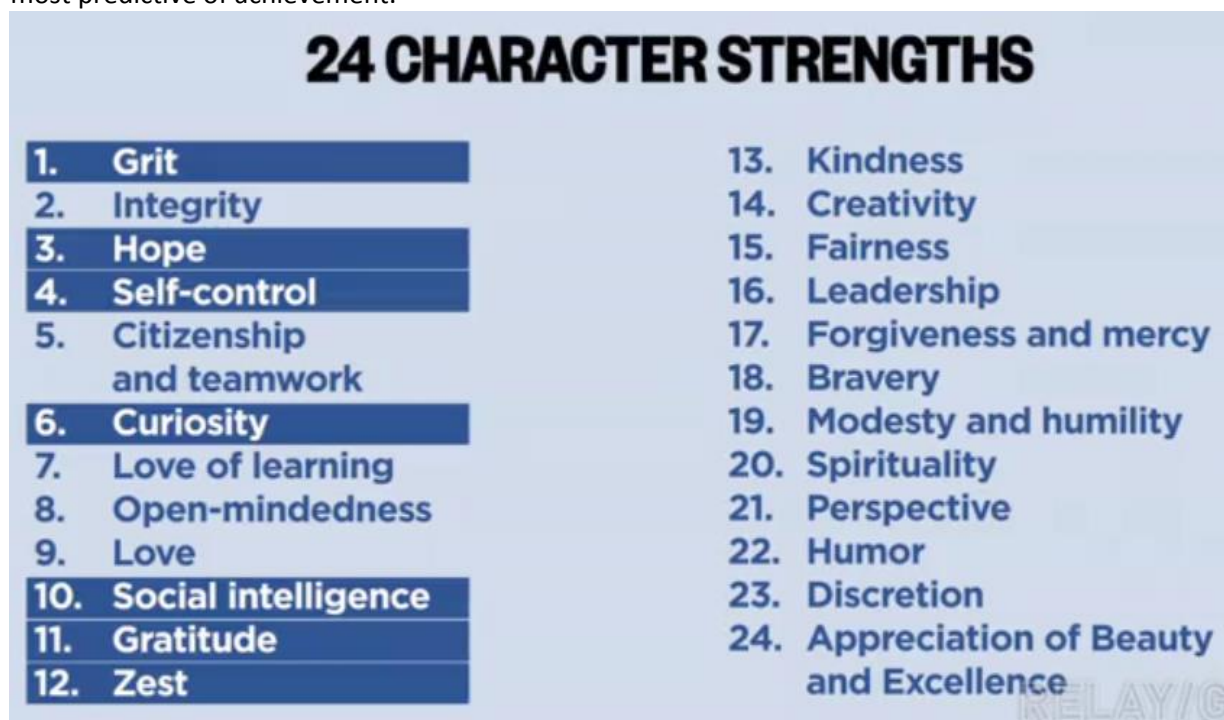
Here we have supplied some positive psychology materials and links to more detailed information. We ask that where possible, you integrate this language so that we are all talking about character strengths and reinforcing them as the key to thriving in any circumstances. We are doubtless stronger or weaker in each strength. But we are all seeking to improve in our strengths throughout our lives. By articulating and naming our strengths and strategies, we will encourage self-awareness, reflection on what worked/helped, and knowing when to use strengths and strategies. It's essential to identify repeatable strategies that can be adapted to different situations and to be able to receive feedback or reflect.

Our character strengths are universal and changing strengths which have been proven to be a constant aid to well-being despite all the things that divide us like race, gender, geography, disability etc. Our combinations of strengths are unique to us but we will and need to focus on building the strengths that are predictive of positive life outcomes. Discussing one very changeable strength, such as *Optimism* for instance (the belief that in the future more good things than bad will happen) produces many positive side-benefits: trying harder and achieving more, less depression, better resilience, and better physical health.

By constantly using the same language to refer to our strengths and strategies, we will reinforce over and over the need for self-awareness, reflection, knowing when to use strengths and strategies, and how to grow. It's essential to identify repeatable strategies and to be able to receive feedback or reflect on one's strength e.g. when you use your grit (persistence) in the present, you are delaying immediate gratification for a future goal.

Character Strengths

Peterson and Seligman (2004)³ defined 24 character strengths and virtues with 7 highlighted (below) as most predictive of achievement.



²Metalinguage is a form of language or set of terms used for the description or analysis of language.

³ Peterson, Chris and Seligman, Martin (20014) *Character Strengths and Virtues* access on 7 April 2017 from <http://teacherweb.com/CA/ForestPark/MsLiu/24-Character-Strengths.pdf>

Seligman's PERMA Model⁴

Character strengths are part of the PERMA model which was designed by Martin Seligman with five core elements of psychological well-being and happiness. Seligman believes that these five elements can help people reach a life of fulfilment, happiness, and meaning. The 5 elements which are referred to as PERMA are: P is positive emotion or 'happiness'. E is engagement. R is good relationships. M is meaning and purpose. And A is accomplishment. The 24 character strengths come under these 5 elements and are the backbone of PERMA. The 7 strengths highlighted above are the most predictive of achievement. However, we will be sharing our perspectives on all 24 universal character strengths. We stress, it's important to reflect on what we talk about in narrations and how it connects to character strengths that others can identify with and apply to their own lives.

Further information

If you are interested in and excited about developing a video or podcast, or if you have any questions at all, do not hesitate to contact one of the following people:

- Project leaders Doug Robins and Nhon Huynh: voice@mdqld.org.au
- Helene Frayne, CEO of MDQ and member of project committee: 07 3243 9700 or helenef@mdqld.org.au

⁴ <https://positivepsychologyprogram.com/perma-model/#seligman-perma-model>

Muscular Dystrophy Queensland

You're the Voice

Submission Cover Sheet

Personal Details

Name:

Age:

Gender:

Mobile phone:

Email:

Facebook username:

Twitter username:

YouTube channel:

Postal Address:

Occupation:

Highest Education:

Neuromuscular disorder:

Video/Podcast Summary

Topic:

Learning Intention:

Character Strengths/Strategies:

Description >50wds:

Have you attached media files? Y/N Number of files:

Reference list (including links):

Banking details

Account Name:

Bank:

BSB:

Account No:

Muscular Dystrophy Queensland Ltd

YOU'RE THE VOICE RELEASE FORM

I am the creator of the Work titled <.....> which has been submitted to the *You're the Voice*' project which is a product of Muscular Dystrophy Queensland Ltd.

I hereby give permission to Muscular Dystrophy Queensland Ltd to reproduce, distribute and communicate my Work for the benefit of people living with neuromuscular conditions and the benefit of Muscular Dystrophy Queensland Ltd as an organisation.

My work and associated images, including those of me, can be used for the purpose of the project and also for promotional purposes

I have properly acknowledged and referenced all third party material contained in my Work.

Re Muscular Dystrophy Queensland's ongoing use of my Work:

I understand that:

- Initially, the Work will be lodged on the Muscular Dystrophy Queensland website and on social media sites including but not limited to YouTube.
- In the future, this work or images from the work may be used by Muscular Dystrophy Queensland for educational, staff development or promotional purposes.
- I understand that my Work may be edited however Muscular Dystrophy Queensland and the *You're the Voice* project leaders will not edit the Work so as to misrepresent me or to alter the meaning of my contributions.
- I understand that, where possible and practicable, Muscular Dystrophy Queensland will acknowledge my authorship of the Work or parts thereof.
- I hereby agree to release, defend, and hold harmless Muscular Dystrophy Queensland Ltd and its agents or employees, including any firm publishing and/or distributing the finished product in whole or in part, whether on paper, via electronic media, or on Web sites, from any claim, damages, or liability arising from or related to the use of the photographs/video, including but not limited to any misuse, distortion, blurring, alteration, optical illusion, or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction, or production of the finished product, its publication, or distribution.

Narrator's name:

Signed: Date:

Useful Links

<https://www.authentichappiness.sas.upenn.edu/>

<http://www.viacharacter.org/>

<http://woopmylife.org>

<https://itunes.apple.com/au/app/woop-app/id790247988?mt=8>

<https://play.google.com/store/apps/details?id=de.parrotmedia.woopbusiness&hl=en>

<http://www.npr.org/series/423302056/hidden-brain>

www.muscleowl.com

<https://dmdpathfinders.org.uk>

<https://characterlab.org/goal-setting>

<https://www.scanva.org/support-fo>

<http://www.positivepartnerships.com.au/mental-health-wellbeing-students-autismr-parents/parent-resource-center-2/creating-resilient-families-for-children-with-special-needs/>

<http://www.youngdiggers.com.au/sites/default/files/Building%20Resilience%202009.pdf>

http://web.education.unimelb.edu.au/ycr/linked_documents/research_report39.pdf

<http://transitions.mda.org/>

http://www.parentprojectmd.org/site/PageServer?pagename=Care_stage_adult

http://www.parentprojectmd.org/site/DocServer/Internet_pdf.pdf?docID=12183

<http://www.ventusers.org/>

<http://mdqld.org.au/about-md/debs-tip-sheets/>

<https://themighty.com/>

<http://www.sciencedirect.com/science/article/pii/S0925443906001232>