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EA Consulting & HATE-LESS Train the Trainer

Creating Counter-Narrative Videos

From Reaction to Responsible Digital Action

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Creating Counter-Narrative Videos

4-Session Train-The-Trainer Series

1

Storytelling Through Space

Use location as a participatory video background

Workshop 1

2

Voices from the Margins

Use interviews and lived perspectives

Workshop 2

3

Emotional Narratives & Media Influence

Explore emotion, media influence, and narrative impact

Workshop 3

4

TODAY

Creating Counter-Narrative Videos

Create positive counter-narrative videos

Workshop 4



Energizer – The Hummingbird Mission

Step 1 – Learning Path & Train-the-Trainer Workshop Overview

Activity	Learning Path	Content	Time
Energizer – 35 min	From Reaction to Reflection	The Hummingbird Mission Countering Hate Speech with Love	17:00–17:35
Step 1 – Learning Path & Workshop Overview	Arrival / Ordinary World	10-minute arrival period; participants join, respond in Mentimeter, and receive a short welcome, series recap, and today's outcome.	10 min
Step 2 – Check-In & Mini-Energizer	Act of Kindness	Mentimeter: "What is one act of kindness or positive message someone can share on social media?"	2 min
Step 3 – Theory / Background	Awareness – Small Actions Can Shift The Story	Hummingbird story; International Day for Countering Hate Speech; why counter-narratives make dignity, inclusion, and respect more visible.	3 min
Step 4 – Check-In	Impact of Counter-Narratives	Mentimeter: Hummingbird story; International Day for Countering Hate Speech; why counter-narratives make dignity, inclusion, and respect more visible.	5 min
Step 5 – Main Activity Experience	The Hummingbird Mission	Guided visualisation: Imagine a young person and hummingbird choosing "water", not fire, to help shift a harmful online story.	10 min
Step 6 – Reflection	The Hummingbird Lesson – Put Out the Fire	Mentimeter: "When hate spreads online, what can help put out the fire?"	4 min
Step 7 – Reward & Resources	Threshold	Hummingbird Mission Handout; Notice. Choose Water. Create.	1 min
BREAK	Pause / Reset	Stretch, prepare phone or recording device	17:40–17:35

Energizer – The Hummingbird Mission

Step 1 – Learning Path & Train-the-Trainer Workshop Overview

Activity	Learning Path	Content	Time
Main Activity – 50 min	LOVE Counter-Narratives	From harmful patterns to responsible digital action	17:40–18:30
Step 1 – Mini-Energizer: Respond with Love – Finding Counter-Narratives Poll	Call to Adventure	Mentimeter: In situations where young people encounter hate speech: What is the strongest counter-narrative?	8 min
Step 2 – Theory / Background	Receiving the Tool: LOVE Video Script	Introduce the LOVE framework: Look – Open – Voice – Empower as a tool for creating short counter-narrative videos	4 min
Step 3 – Choose One Narrative	Choosing the Path	Participants choose one harmful online pattern or stereotype they would like to transform through a positive counter-narrative.	1 min
Step 4 – Video Script with The LOVE Counter-Narrative	Tool + Creation	Participants use the LOVE structure to write a short, safe, and constructive video script.	9 min
Step 5 – Record the Reel	Act of Courage	Participants record a 20–40 second video with one harmful pattern, its emotional impact, a positive counter-narrative, and an empowering digital action.	20 min
Step 6 – Trainer Reflection & Evaluation	Return	Reflect on how the activity can help young people recognise harmful narratives, make another story visible, and respond responsibly online. Complete the evaluation.	8 min
Step 7 – Reward, Resources & Campaign Pathway	Gift / Reward	LOVE Counter-Narrative Handout, video-sharing pathway, certificate/Youthpass reminder, and closing message.	1 min