



Emotional Narratives & Media Influence

Main Activity – FEEL Video Practice

Emotion Poll Reflection Game

Vote. Discuss. Reflect.

In situations where young people experience different emotions (e.g., anger, insecurity, overwhelm):

- How would most young people react first?
- What would be a healthy response?

Scenario 1

Anger 😡

A young person sees a post that attacks a group they care about and get angry.

Scenario 2

Insecurity 😞

A young person sees a post that makes them compare themselves to others and feel insecure.

Scenario 3

Overwhelm 😓

A young person feels overwhelmed by many upsetting posts about conflict, hate, or injustice.



FEEL Video Spark



Script Template & AI Prompt

"Help me write a short 30-second video script using the FEEL framework.

Feeling: Social media can often make us feel [emotion].

Effect: At first, this feeling might make us want to [reaction].

Expression: But when we pause, we remember that [specific values, beliefs, positive framing].

Light: So, instead of [reacting/feeling specific emotion], we can choose to [healthy response].

End with something like: 'More love, less hate begins when we pause before we react.

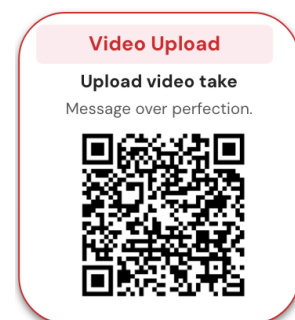
Keep it simple, first-person, youth-friendly, and aligned with the HATE-LESS message: more love, less hate."

One pause. One reflection. One healthy action.

Act of Courage! Record the FEEL Reel

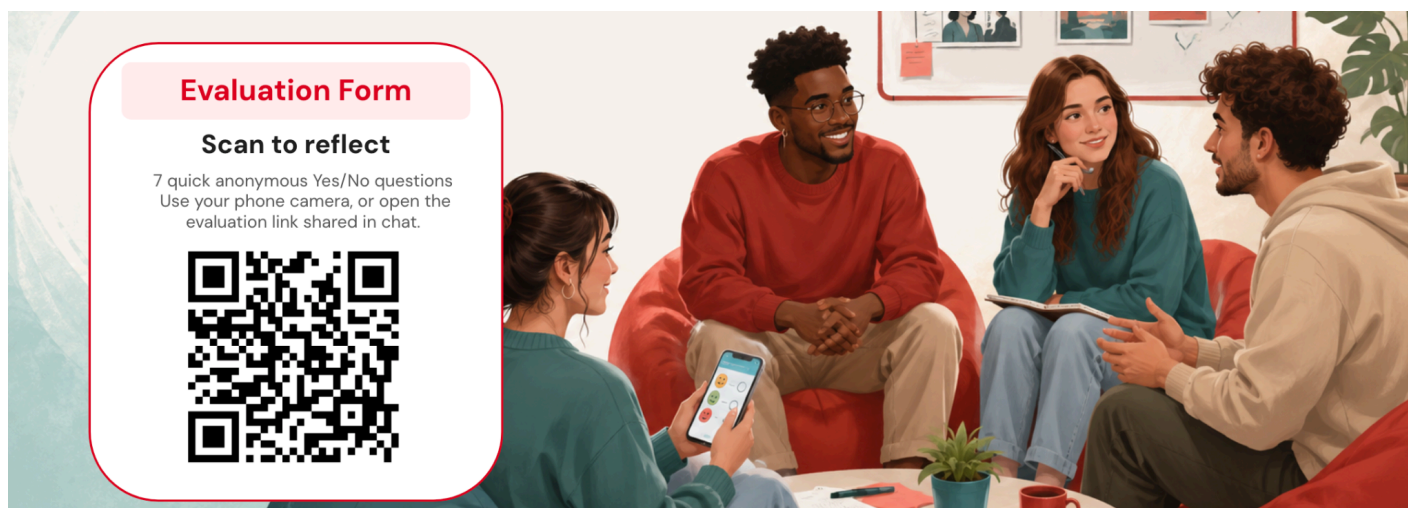
Recording tips

1. **Record vertically if using a phone.**
2. **Start with the emotion** that inspires the video.
3. **Use good light:** face natural light or a ring light.
4. **Keep the camera steady** with a tripod or stable surface.
5. **Keep one clear message:** one emotion + one value + one healthy online response.
6. **Protect privacy:** avoid addresses, documents, private screens, usernames, messages, or people without consent.
7. **Speak clearly and naturally.** Go slowly, and do not aim for perfection.



Rules for Feature

1. **Video values:** reflect respect, inclusion, empathy, kindness, and constructive dialogue.
2. **Safe message:** Keep it positive, respectful, non-political, and non-divisive.
3. **Certificate requirement:** To receive a training certificate, participants are asked to complete a short video and share it with the trainers.
4. **Sharing options:** Upload it to: [HATE-LESS 3/4 Emotional Narratives & Media Influence Videos](#) OR send it privately to the EAC team via Zoom chat or e-mail kate@ea.consulting.
5. **Publication:** Videos may be used for project communication only if they follow the project values and privacy rules.
6. **Privacy & GDPR:** Do not include children, identifiable people, personal data, private messages, usernames, addresses, phone numbers, license plates, or recordings of others without clear consent.



"When the algorithms reward outrage, compassion becomes a form of resistance." — **Lawrence Nault**