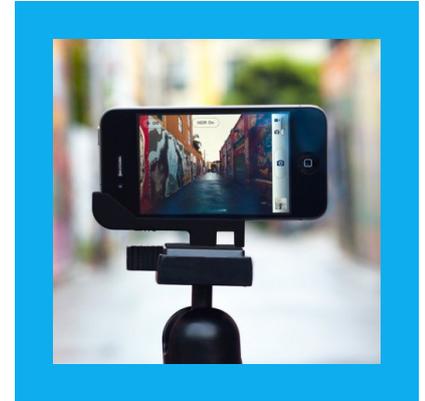
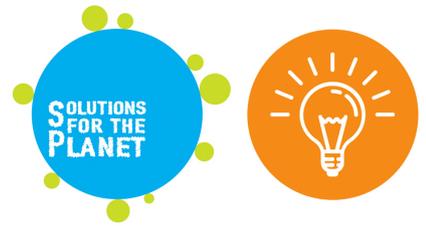


Using Audio and Video

Mobile devices provide a wealth of tools you can use to create and edit media at little or no cost.

- Video can easily be produced using the inbuilt camera, and edited using [iMovie](#) or [Videopad](#) without the need for complex equipment.
- Audio can be recorded using the inbuilt microphone, edited via a free app such as [Audacity](#) and can be uploaded without the need for changing to another device.

Have fun when documenting your challenges, whether you are taking pictures, recording videos or recording audio.



Useful Tips

Video

- **CLEAN THE LENS** - It sounds silly and simple, but this is always a great place to start. It's the equivalent of remembering to take the lens cap off of a camera.
- **DON'T SHOOT VERTICAL VIDEO** - If you are downloading video clips to another device, it is best if you record in **LANDSCAPE** mode.
- **ZOOM MODE** - If you don't have a smartphone with optical zoom, you'll need to get closer to your subject or use an accessory. In general, you should always get as close as you can, especially for tight shots on faces.
- **BACKGROUND** - Think about the background you use for filming. Nothing looks less professional than a messy or distracting background.

Audio

- To get the best sound for your recording, point the bottom of the phone to the person or thing you are recording. This is where the microphone is located. Make sure that your hands are not covering the microphone on the phone. Make sure to keep some distance between you and the source for the best levels, but don't be too far away - and make sure there is no background noise.

Guidance for parents/carers keeping children safe online

Most children have a positive experience online, accessing educational resources and entertainment and connecting with friends and family.

Spending time online can be very beneficial for children, particularly at the moment, but we recognise that many parents may worry about online safety.

Reduce the risk.

[UK Council for Internet Safety](#) has guidance on minimising children's exposure to risks online.