

Deaf Like Me

Participant info pack

**Sharing deaf stories. In
your own words.**



Thank you for considering taking part in our Deaf Like Me series.

Welcome

This pack will guide you through everything you need to know about the filming process, what to expect, and how to prepare.

We're really excited to share your story.

Action beyond words



About Deaf Like Me

Thank you for considering taking part in Deaf Like Me, a storytelling series created by Deaf Action to celebrate the diversity of deaf experiences.

Deaf Like Me is a BSL-first project where each participant shares their story in a monologue-style format, signing directly to camera. The aim is to create a space where deaf people can express their experiences in their own language, in their own way, without scripts or restrictions.

This series is about capturing the wide range of deaf experiences. There is no single story. It can be about identity, language, community, work, family, creativity or personal journeys. For some, this may be about being a role model or sharing achievements in areas such as sport, career or the arts. For others, it may be about everyday experiences, finding community, or moments that have shaped who they are. We want to reflect both the visible and the everyday — from leadership and success to personal growth and lived experience. Every story is valid, and every perspective adds something important.

At its core, Deaf Like Me is about sharing stories from a deaf perspective. It is about showing the richness of deaf lives, challenging assumptions, and creating opportunities for connection, understanding and pride within the community and beyond.

By taking part, you are helping to build a collection of stories that represent the diversity, strength and identity of the deaf community today.

Your story

**Every deaf
experience is
different**

Every story matters



Your story

There is no single way to be deaf, and no single story to tell. Everyone's journey is shaped by different moments, environments, relationships and discoveries, and each of these experiences brings something valuable.

Some people grow up in deaf families and communities.

Some are the only deaf person in their family.

Some discover BSL later in life and find a new sense of identity.

Others are connected through work, sport, creativity or community spaces.

Your story might include moments of challenge, change, connection or pride, or a mix of all of these. What matters most is what feels important to you and what you want to share.

You don't need to tell your whole life story. Even small moments or experiences can be powerful and meaningful. Often, it's these personal reflections that help others connect, relate and better understand different perspectives.

By sharing your story, you are contributing to something bigger. You are helping to build a more complete and authentic picture of deaf identity, language and culture.

Your experiences may help someone feel seen, understood or inspired, or help others begin to understand something new.



This is your space to reflect, share and be yourself. In your own way.



Your story

Sharing your story

In the Deaf Like Me series, participants share their experiences in a monologue-style format, signing directly to camera. The conversation is guided with gentle prompts to help shape the story, but there is no script and no expectation to prepare formal answers.

Each story is different. Some people talk about their identity and language, while others focus on a particular experience, interest or moment in their life. This might include work, sport, travel, creativity, community involvement, or personal journeys. What matters most is that the story feels authentic to you.

Prompts

You may find it helpful to reflect on some of these prompts before filming:

- What does being deaf mean to you?
- What role does BSL play in your life?
- Can you tell us about your connection to the deaf community?
- Are there any key moments that have shaped your journey?
- What are you most proud of?
- What do you wish more people understood about deaf experiences?

These prompts are simply starting points. Your story can go in any direction that feels meaningful to you.

How to prepare

There's no need to memorise anything or prepare answers in advance.

It can help to take a little time to reflect on your experiences and think about what you might like to share. You might want to consider key moments, people or experiences that have shaped who you are today.

You can share as much or as little as you feel comfortable with. The most important thing is that it feels natural and true to you.



Your story

Examples of stories

Every story in the Deaf Like Me series is different. Some people share personal journeys about identity and language, while others talk about experiences, passions or moments that have shaped their lives.

Stories might include things like:

- Discovering BSL and finding the deaf community
- Being part of deaf sport or other community activities
- Experiences in education, work or career
- Personal challenges and achievements
- Creative work such as acting, art or performance
- Travel or personal journeys, such as walking the Camino

Some stories focus on proud moments or achievements, while others reflect on personal growth or finding a sense of belonging. There is no single type of story we are looking for. What matters most is that it comes from your perspective and reflects your experiences.

Adding to your story

Bring your story to life through additional material that helps illustrate your experiences. This could include photos, video clips, or moments we capture alongside your interview. These elements can help add depth and context, allowing audiences to connect more closely with your journey.

You may wish to share or explore things such as:

Childhood photos

Family or personal moments

Work, hobbies or interests

Key life experiences

Places or activities connected to your story

Where possible, we may also capture additional footage that reflects parts of your story or the spaces and activities that are meaningful to you. These elements help build a fuller picture of your experiences and bring your story to life for the audience.

Deaf Like Me



What to expect

This is a relaxed and supportive experience where you can share your story in your own way.

You'll be signing to camera, with prompts to guide you. There's no pressure - you can take your time, pause, and start again whenever you need.

We're here to support you throughout.



You will be signing directly to camera



The interviewer will guide you with prompts



It will feel like a relaxed conversation



You can pause or start again at any time



There is no pressure to be perfect



This is your space to tell your story, in your own way.

There's no right or wrong. Just your experience, your voice, and what matters to you.



How the filming works

We've put together this guide to help you feel comfortable and confident during your filming session. It outlines how the process works and what to expect on the day, so you can focus on sharing your story. If you have any questions at any point, our team will be there to support you throughout.



Camera positioning

The camera will be positioned directly in front of you, with framing from around the waist upwards so that your full signing space — including your hands, face and upper body — is clearly visible. You'll be encouraged to look towards the camera, as if you're speaking directly to the audience, helping to create a natural and engaging connection with viewers.



Lighting

Lighting will be carefully set up to clearly show your face, hands and expressions. We aim to avoid shadows or dark areas that could make signing harder to see, using soft, even lighting that feels comfortable and not harsh or distracting.



Background

We will use a clean and simple background to ensure the focus remains on you and your signing. This helps create a clear and professional look, with no distractions behind you.



On the day

On the day, we'll help position you before filming begins and give you time to get comfortable in the space. We can adjust anything if something doesn't feel right, and you're free to take breaks or pause at any point.

You don't need to think about the technical side — just focus on telling your story. We'll take care of the rest.



What to wear

The most important thing is that you feel comfortable and confident in what you're wearing. This is your opportunity to share your story, so it should feel like you — your style, your personality and how you want to present yourself.

We want people watching to get a real sense of who you are, so wear something that feels natural and reflects you. As long as your signing is clearly visible, everything else is about helping you feel relaxed and able to express yourself.

**Content and
usage**

**Clear, respectful,
and transparent**



Content and useage

This section explains how your video and story may be used by Deaf Action, so you feel informed, comfortable and confident about taking part. We are committed to using your story in a way that is respectful, accurate and aligned with the purpose of the series.

Your video will form part of the Deaf Like Me series and may be shared across a range of Deaf Action platforms to help celebrate Deaf experiences and reach wider audiences.

Where your story may appear

Your video and related content may be used across:

- Deaf Action website
- Social media channels
- Marketing and awareness campaigns
- Presentations, reports and funding applications
- Events, screenings or promotional activity

We may also use short clips, quotes or images from your video to support wider communications.

Your involvement and control

We want you to feel comfortable and confident throughout the process.

You will:

- Be asked to provide written consent before your video is published
- Have the opportunity to review your video before it is shared publicly
- Be able to raise any questions or concerns at any stage
- Be able to request reasonable changes before final publication

Respecting your story

We will always aim to represent your story accurately and respectfully. Your experiences will not be taken out of context, and we will ensure that your voice remains at the centre of how your story is shared.

Get in touch

If you would like to be involved in the Deaf Like Me series and share your story, please get in touch with the team at:
marketing@deafaction.org

Action beyond words



About Deaf Action

Deaf Action is a deaf-led charity that supports and celebrates deaf people. We exist to support the diversity of deaf people, including deaf users of British Sign Language (BSL), and those who are deafened, deafblind and hard of hearing. We were established in 1835 and work with deaf people across Scotland and the South of England. Our work is geared towards empowering all deaf people to achieve their potential and fully participate in society, with equality of rights, access and opportunity.

You can find out more about us at www.deafaction.org

