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| What is this document? | Now filming is complete, this document informs you of what to expect from  now on. Although filming has finished, your safety and mental wellbeing is still important to us.  There are a number of ways you may be affected by your involvement in  the programme.  This document is designed to give you some practical tips and advice. |

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| What to expect when  viewing your contribution  to the programme? | We are about to begin editing the programme and we will give you an opportunity to watch your contribution to the show before it is shown on television **[DEPENDENT ON PROJECT]**.  **[PRODUCTION POINT OF CONTACT]** will bring your part of the series to your home to watch **[DEPENDENT ON PROJECT]**.  This will happen week commencing **[ADD DATE]** so put this in your diary and let us know if you have any other commitments around this time. |

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| What to expect before  programme transmission? | After editing, it may be some months when this programme finally transmits on television. But as soon as we have  a date **[PROD POC]** will let you know in advance. Sometimes this will be a month before transmission but can be as little as 2 weeks.  The programme will go out on **[CHANNEL HERE]** and will also be available on BBC iPlayer. |

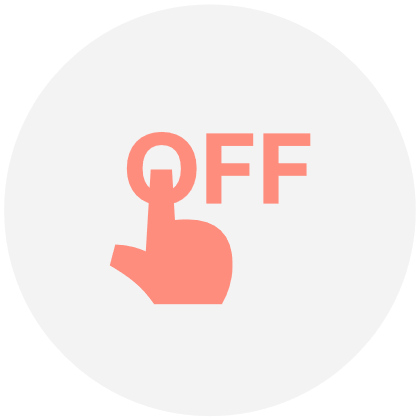
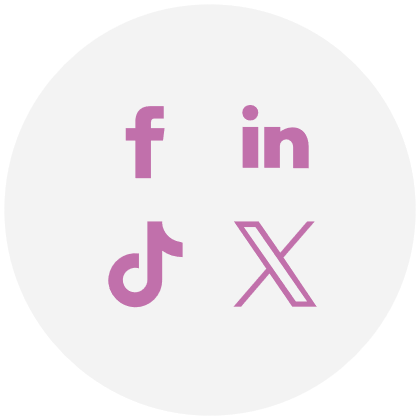
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| Press Photos | Before transmission, we will be promoting the series. There will be some press and marketing activity to spread awareness of this programme. This could happen on radio, newspapers and social media.  This could involve photos of you, but don’t worry, **[PROJECT POC]** will send you the photos featuring you to check and choose in advance so there will be no surprises. Newspapers and other press might be interested in being in touch with you. We will deal with all requests for you. You don’t have to communicate with anyone if you’d prefer not to. |

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| What happens after  the show is transmitted? | We hope lots of people will watch  the series.  **[PROD POC]** will be in touch the day after each programme transmits. This is your chance to communicate your feelings about the broadcast. |

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| Social Media | When the programme broadcasts, there is a good chance you will get attention on social media.  People you don’t know may approach you, or people may be mentioning you on X, TikTok, Facebook posts, Instagram etc. There may be people who want to say unpleasant and sometimes nasty things about you or  to you, which you may find upsetting. |

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| Should I read comments  on social media? | Do your best not to look up comments about the show on social media. If you do see an unpleasant comment, do your best to ignore it.  This can be really difficult, but don’t engage in an argument – most people who post unpleasant things online only do it to try to get an angry or upset response, so do not give them the satisfaction of knowing it upset you. |

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| What happens if I see  an unpleasant comment  on my social media? | Block the user.  Report them to the social  media platform.  Let **[PROD POC]** know. Screenshot the comment and note the date and time. |



Social Media tips to help protect your personal data

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| Check your Privacy Settings | Regularly review the privacy settings as software updates can change your settings |
| Turn of Locations Settings | Turn off your location settings for your apps and don’t advertise where you are |
| Close Accounts | Close social media accounts  you don’t currently use |
| Block Other Users | Block anybody that makes  you feel uncomfortable |
| Facebook | Ensure only ‘friends’ can view your profile. Hide your friends list as this can give away details of family members |
| X | Under ‘settings and privacy’ you can protect your tweets so only your current followers see your tweets |
| Instagram | You can set your account to ‘private account’ via the settings button |
| Linkedin | Only link in with people you know and trust |
| Need Help? | If you need help with these steps,  do contact [PROD POC] |

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| Chat with **[NAME OF PSYCHOLOGIST]** | After the programme has been shown, **[PROD POC]** will be in touch with you to arrange a chat with **[NAME OF PSYCHOLOGIST]**.  This is a chance to share your experiences of being involved in  the programme.  This interaction should last about  an hour. |



Thank you for being involved in the programme   
and letting us tell your story.

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