Sensory Advisory!

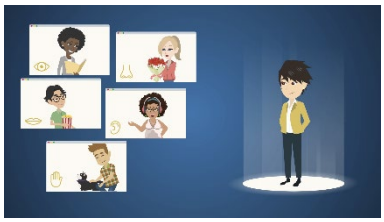
The music should sound quiet at first. Wait until the vocals start to adjust the volume.

The purpose of this video is to provide **examples of real multimedia sensory hazards**.

The introduction is appropriate for all audiences. The point in the video when it becomes unsafe for some audiences, a **clear sensory advisory will play** in the video with plenty of time for you to **turn the video off**.

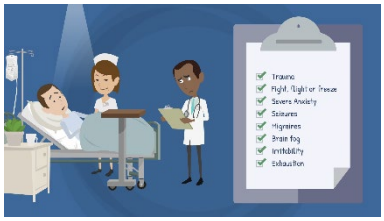
Main Video Script

Hi everyone. My name is Crystal, and I am a neuroinclusion learning specialist with loads of lived experience. I will be guiding you through this experience today.



Some people have very different sensory experiences. They see, smell, taste, hear and feel the world around them differently than you think.

If we don't design with these sensory hazards in mind, we can cause unintentional harm to people with sensory processing differences.



These sensory injuries can include:

- Trauma
- Fight, flight or freeze responses
- Severe anxiety
- Seizures
- Migraines
- Brain fog
- Irritability, and
- Exhaustion

In this video, we will learn how to create sensory safe multimedia productions.

The thresholds between what is just right and what is too much are not an exact science. They can change depending on the elements in your scenes combined.

The principles of sensory safety can help guide your decisions.

1. Create consistency and expectation.
2. Use smooth transitions and movement.
3. Keep the volume, brightness and contrast balanced.
4. Prevent sensory and cognitive overload.

It is best practice to have your productions tested by the very people who are impacted by sensory hazards.

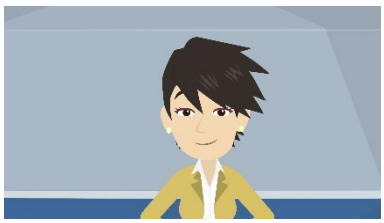
To demonstrate what elements can be harmful, the remainder of this video uses audio and visual effects that can be harmful if you are vulnerable to sensory hazards.

Turn the video off now if you are concerned about your experience.

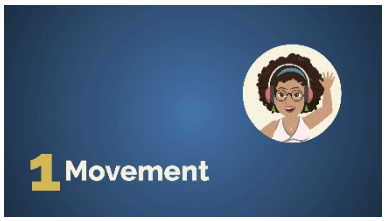
You can read the script instead.

The four types of sensory hazards that we will explore today are:

1. Movement
2. Light
3. Sound, and
4. Sensory cognitive overload

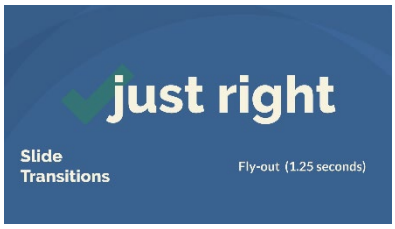


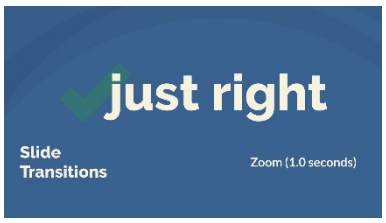
There are also many other types of sensory hazards a person can be exposed to depending on the environment and the activity they are engaged in.



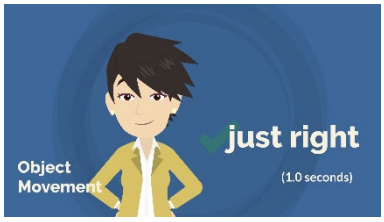
When it comes to movement, we need to consider both slide transitions and object movements.

We need to avoid abrupt movements that happen too fast.



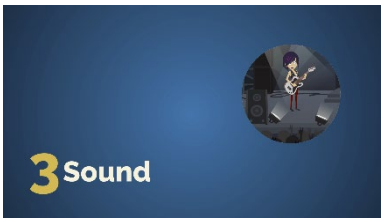


When you are transitioning from a light-coloured slide to a darker one, be careful not to create hot spots like this.



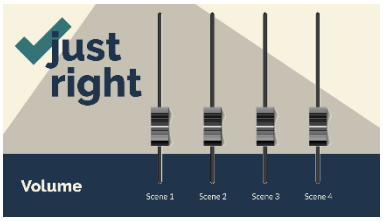
When it comes to light, we need to consider contrast, brightness, intensity and flashes.

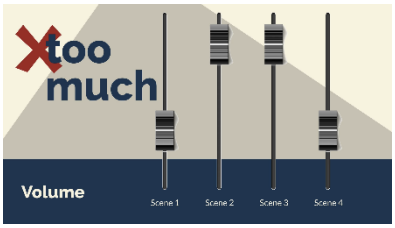
We need to avoid straining to make out details, intense colours that vibrate, generating too much brightness and flashing lights.

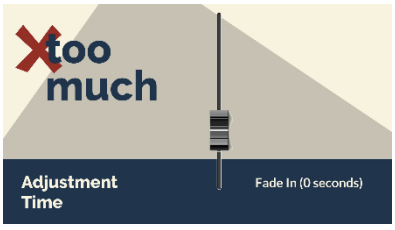


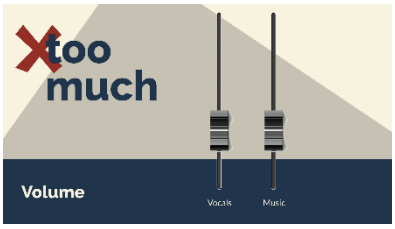
When it comes to sound, we need to consider volume and transitions.

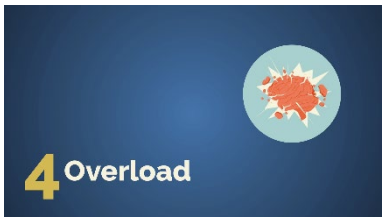
We need to avoid abrupt, loud and competing noises.





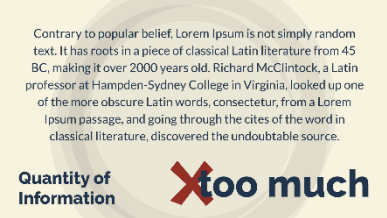






When it comes to sensory and cognitive overload, we need to consider the quantity of information, visual hierarchy to lead the eye, distractions, time to process, and the number of sensory inputs.

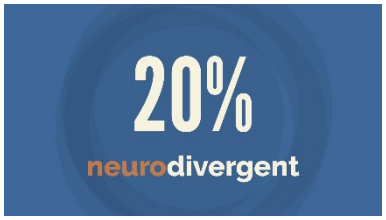
Simply put, we need to avoid overloading people's brains with too much at once.



Well, that's the end of this video. To complete the lesson, spend some time reflecting and answer these questions:

- Which examples were new to you?
- Where else can you use these principles?
- Does sensory safety reduce the quality of your multimedia productions?

Are we being inclusive of the people in the neuro-minority?



Being as about 20% of our population is neurodivergent, doesn't it make sense to include them in the design of our society?

Thank you for learning with Delta. Bye!

A Cautionary Note:

The thresholds between what is just right and what is too much are not an exact science.

The transition, animation and audio adjustment time settings that were provided in the video were only there as an example. **These hazards are relative to all other elements in your scene.**

The settings will likely need to be adjusted depending. It helps to watch these scenes multiple times to get a feel for the relative experience of the timings.