

Why Use Videos for Research?

Books, articles and magazines can be great resources, but videos can also be reliable resources for your research. Videos can offer a lot of valuable information in an easy to digest format, can offer visual examples not found in written format, and can help those who have difficulty reading an option for accessible research sources. Information from videos can be used for your project, but you just have to make sure that you use videos from reliable sources.

How to Search for Reliable Videos

VPL offers *Hoopla* and *Kanopy* with lots of free educational videos you can use (links below).

YouTube has millions of videos, but it is hard to know which ones are from reliable channels with accurate information from channels that have misinformation. Here are some questions to ask yourself before using a video's information:

1. Is the channel from a reputable company or is it from a personal channel?

Good Source: CBC News

Bad Source: RealNewsReallerOpinions

2. Are they trying to sell you something in the video?

Good Source: Not trying to sell you anything

Bad Source: Telling you to follow a link to their online store

3. Do they have links to their sources in the description?

Good Source: Has links in the description or embedded in the video

Bad Source: Does not have any

If you are still unsure if a video source is reliable after answering these questions, it is better not to use that video.

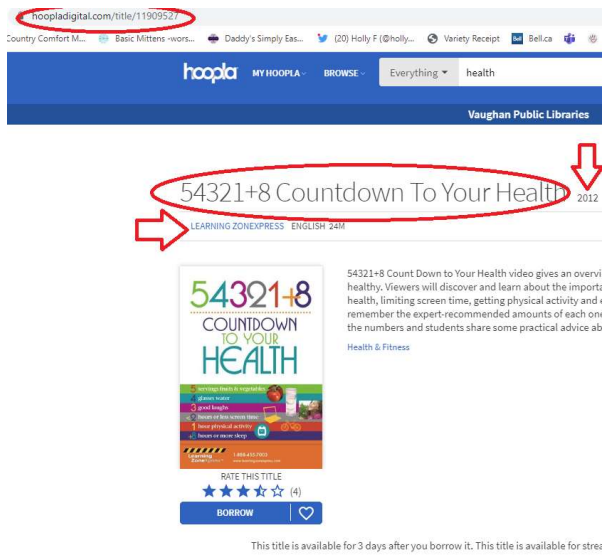
Recommended Websites with Educational Videos

- 1) Hoopla Digital <https://www.hoopladigital.com>
- 2) Kanopy <https://vaughan.kanopy.com/>
- 3) Kids Health <https://kidshealth.org/>
- 4) TedEd <https://ed.ted.com/lessons?category=health>
- 5) PBS Learning Media <https://www.pbslearningmedia.org/>
- 6) AboutKidsHelp (SickKids) <https://www.aboutkidshealth.ca/>

Citing Your Video Sources

If you use any information from a video (whether online or by DVD/Blu-ray), you need to cite your source. You will need:

1. Title of the video
2. Author or source of video
3. Date the video was created
4. Link to video (if applicable)



hoopladigital.com/title/11909527

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Health & Fitness

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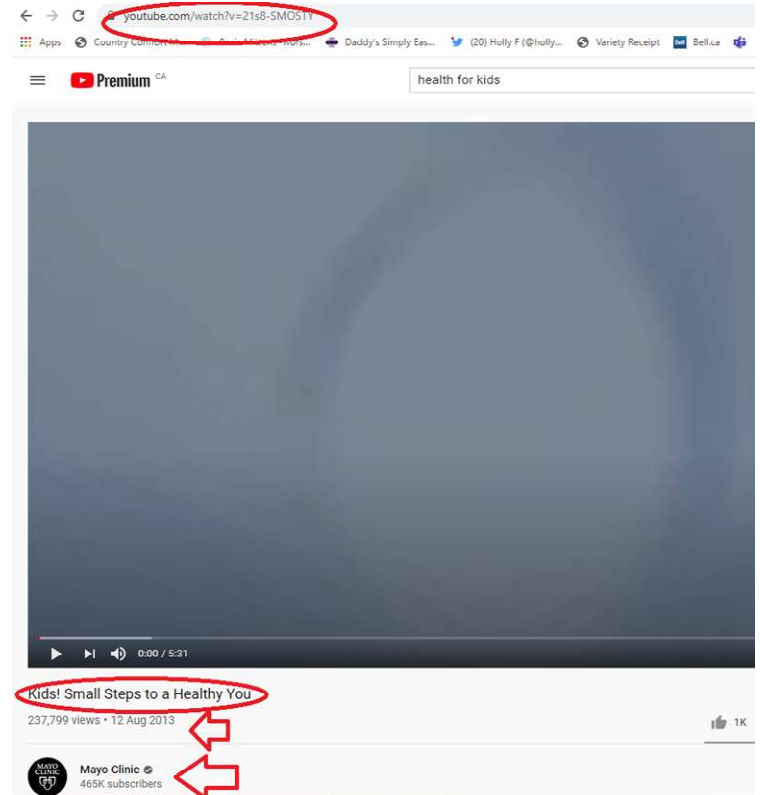
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