Instructions – How to open your H.E.L.P. at School Toolkit

Before you can open the toolkit, you must have a media player on your computer that can play .mov files. Both QuickTime and VLC media player can open this type of file, and can be downloaded for free online.

To download QuickTime for Windows XP, Windows Vista or Windows 7
http://www.apple.com/quicktime/download/

To download VLC media player for Windows, Mac OSX or GNU/Linux
http://www.videolan.org/vlc/

Once you have downloaded an appropriate media player, try double clicking on the .mov file you wish to open. If you have trouble opening the file, right click on the file and select "Open with." Once you are given a list of programs, choose QuickTime or VLC media player (see instructions above to download these files).