Photovoice: Overview and Abridged Training

WELCOME!
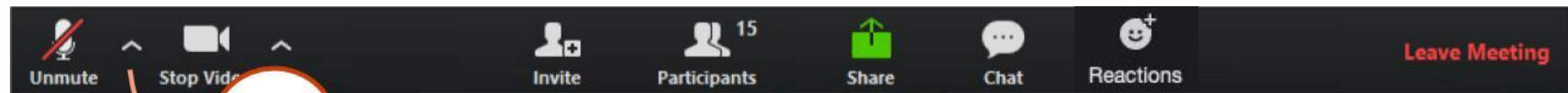**We will start shortly - enjoy the music**
*The session is being recorded

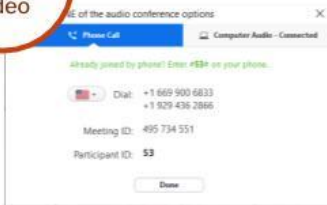**April 2022**

Zoom

**video and
audio controls**

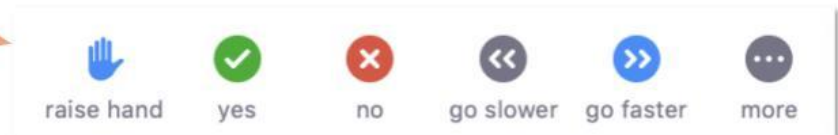**additional features:
chat, raise your hand, and
reactions**

👏 👍

Unmute | Stop Video | Invite | Participants 15 | Share | Chat | Reactions | Leave Meeting

pair your
audio and
video

connect
with computer
audio or call in

ONE of the audio conference options

Phone Call | Computer Audio - Connected

Already joined by phone! Enter *53# on your phone.

Dial: +1 669 900 6833
+1 929 436 2866

Meeting ID: 495 734 551

Participant ID: **53**

Done

raise your hand:

✋ | ✅ | ❌ | ◀◀ | ▶▶ | •••
raise hand | yes | no | go slower | go faster | more

Introductions

In the CHAT, please share:

- Your name
- Your pronouns
- Your organization
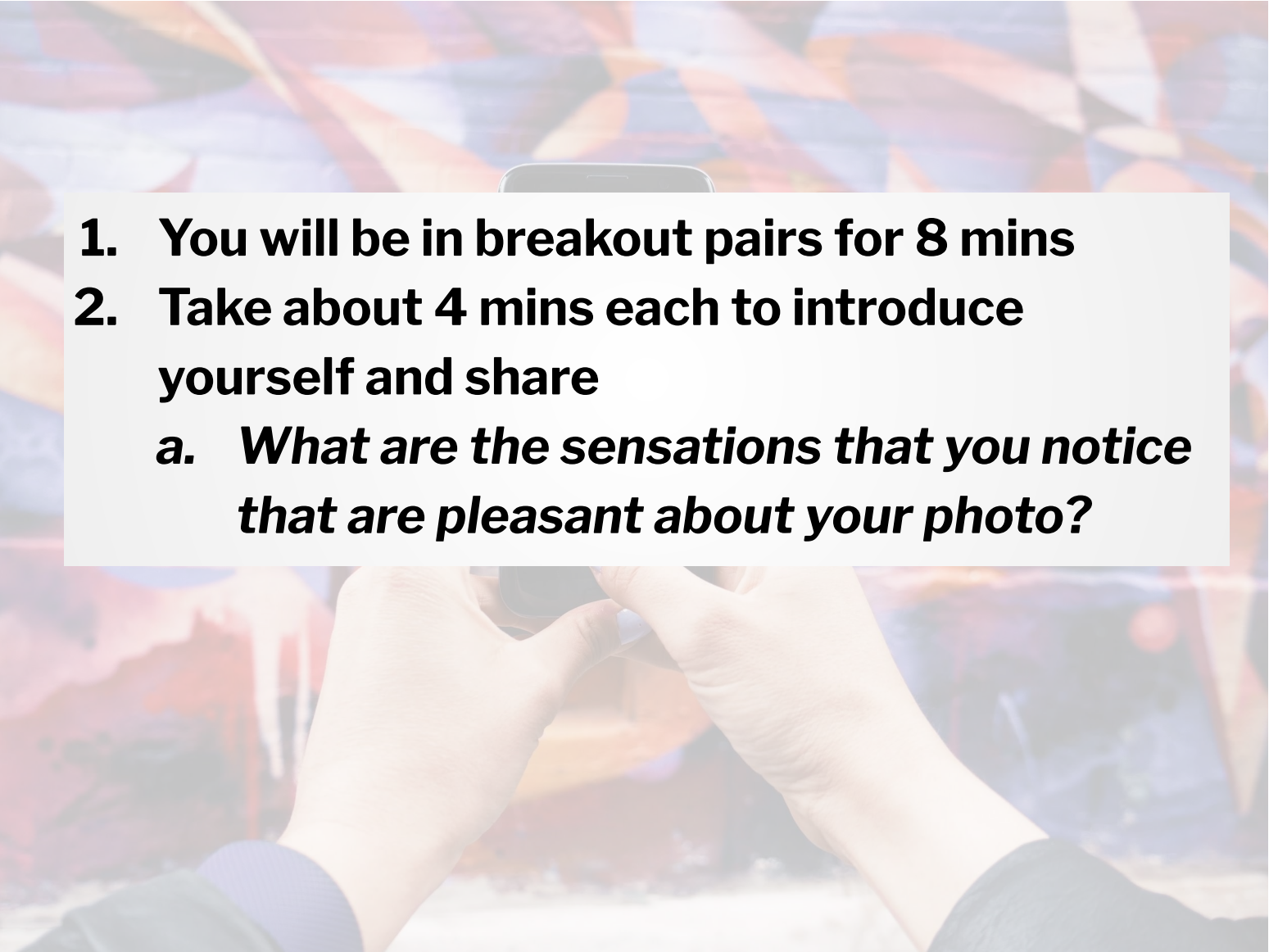- How you are showing up today (pick a number from the images below):

Resourcing Activity

My Favorite Photo

1. Grab your phone and in 30 seconds or so, select your favorite picture from your photo gallery

2. Study the image: What are the 3 things you notice that you enjoy most about that picture?

3. Notice what is happening inside you as you think about the picture.

4. Notice the sensation it brings (is it pleasant or neutral?)

5. What are the sensations that you notice that are pleasant?

My Favorite Photo

1. You will be in breakout pairs for 8 mins
2. Take about 4 mins each to introduce yourself and share
   a. *What are the sensations that you notice that are pleasant about your photo?*

Agenda

Introduction to Photovoice

— Stretch Break—

Expression through Photography

Practice

— Break—

Introducing Narrative

Photo Narrative and Sharing Photos

Closing

Group Engagement

- There are no right or wrong answers
- Leave room for different experiences
- **Take space** (contribute your perspectives, ask questions, try the activities) **and make space** (allow room for others to contribute, listen attentively to others, ask questions)
- Respect confidentiality
- Please use the chat for specific requests or questions.

PhotoVoice

What is participatory photography?

A method that uses **photography** and **narrative** (the photo's story or caption) to capture the conditions in a community. It provides the opportunity for participants to creatively document and reflect their experiences, engage in dialogue on important issues, and support change.

How does it work?

1. **Identify the topic and community** that will be the focus of the photovoice project
2. Community members **take pictures of scenes that express their points of view** about what is happening in the community
3. Community members **interpret photos to identify themes and brainstorm possibilities for change**

Why PhotoVoice?

PhotoVoice helps put the power of both data gathering and data analysis in the hands of participants and can capture change in ways traditional evaluation methodology might not be able to.

Living an Undocumented Life

"There are many obstacles and fears that run through the mind of an undocumented person on a daily basis. It can range from seeing a family member taken away, to hearing ICE pounding at the front door. The fear, of being deported...from a place they call home. A place where they thought they'd achieve their American Dream. Living life as an undocumented immigrant is challenging, dark and scary. Yet, they choose to stay because they are willing to risk everything today for a brighter tomorrow."

What is the Process?

1. Introduce PhotoVoice and your question of focus
2. Photography training
3. Take PHOTOS
4. Facilitate discussions to develop narratives/stories
5. Exhibition: Presentation & Celebration (and debrief)

More Details on the Process

- ❏ The data collected combine photos with narrative and oral storytelling
- ❏ After the photos are collected, participants convene to use pictures and stories to address a chosen learning question

More Details on the Process

❏ At a reflection session, PhotoVoice participants discuss their interpretations of the stories and photographs, organizing them into thematic categories

❏ People assigned to document the session (staff members or outside evaluators) capture this discussion, recording valuable information about how participants themselves answer the chosen evaluation question

Example Research Questions

- **What are your experiences in your community with access to health care, pesticide exposure, or your personal experience with immigration?**
- **What has changed for you as a result of participating in this program?**
- **What barriers or challenges are on your mind when you think about your future?**

In the chat: What learning question would you ask your clients to answer through PhotoVoice?

Advantages of PhotoVoice

"Mujer Poderosa"

Marisabel Perez, age 17
Boyle Heights (Mariachi Plaza)
"I met this woman during an outing. She demonstrated a lot of confidence in herself and her profession. After interviewing and spending some time with her, she opened up about her hardships and told us that finding work was becoming more and more difficult. One thing that struck me was when she told us, "yo soy fuerte y encontraré un trabajo hoy." She showed and voiced her strength as a woman and her will to pursue her dreams"

- The rewards of taking photographs are immediate.
- Photography is both fun and creative.
- Taking photographs or videos of familiar scenes and people can change participants' perceptions about their social and physical environment.
- Basic photography is easy to learn and accessible to almost everyone.
- "A picture is worth a thousand words." Images can be understood regardless of language, culture, or other factors.
- Policy makers can't deny reality when it's staring them in the face.
- Pictures, by creating a clear record of what exists at a particular point in time, can be used to hold policy makers and others accountable.
- Photography and video provide a means for empowerment without requiring people to stand up and speak in public.
- Participants gain valuable skills in reflecting on the realities of their lives, are supported to see both sides of an issue, to see what is not obvious, and to educate others about these things.

Limitations of PhotoVoice

- The time commitment may be taxing for some individuals or it might be difficult to commit to a project that continues over several weeks.
- Participants might have trouble presenting complex or abstract ideas through their photographs.
- Close examination of an issue of concern can cause negative feelings.
- Though the costs related to photography have come down in recent years, cost of equipment and developing can be a concern.
- The loss of, or damage to, cameras or smartphones is a possible risk.
- A wide range of skills are necessary to complete the PhotoVoice research and project activities. For some researcher may be a new and unfamiliar experience.
- Participants continuously make choices about what they select as subject matter for their photographs. They also make choices about what is not included in their photographs. These choices obviously influence the research findings.
- Due to ethical considerations and the process of seeking consent, participants may choose to take fewer photographs of human subjects.
- The actual outcomes of the PhotoVoice activities may not be as significant as expected by community members.

Questions

What questions are coming up for you thus far?

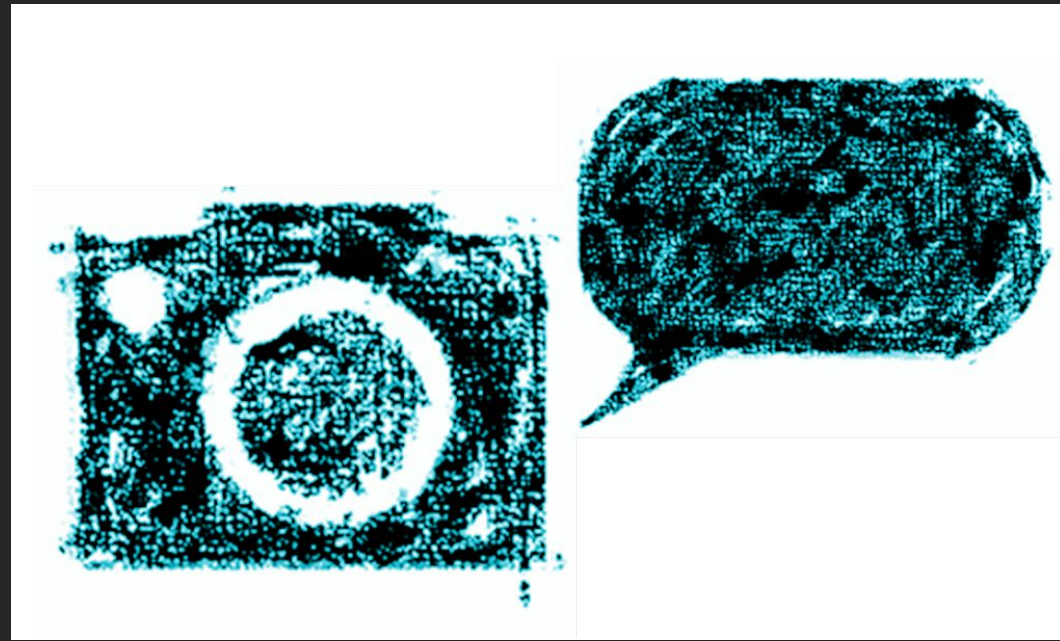Come off mute or add your questions to the slides in the link

Q & A

Stretch Break!

Expression through Photography

General Photography Tips

- Hold the camera steady
- Hold the camera with both hands with your elbows against your body and your feet apart
- Don't move while taking the photo
- If you are taking a photo of something that is moving, find something to steady yourself and the camera

Composition

- The placement of elements (people, objects, surroundings) in a photograph within the frame
- Pay attention to how you organize the people, objects and the environment in your photo
- Lines: Our eyes tend to follow lines, therefore lines in an image can help guide your viewer to the main subject.

Rule of Thirds

- Divide your image into three parts to make your image more interesting to look at.
- Imagine lines on what you want to photograph
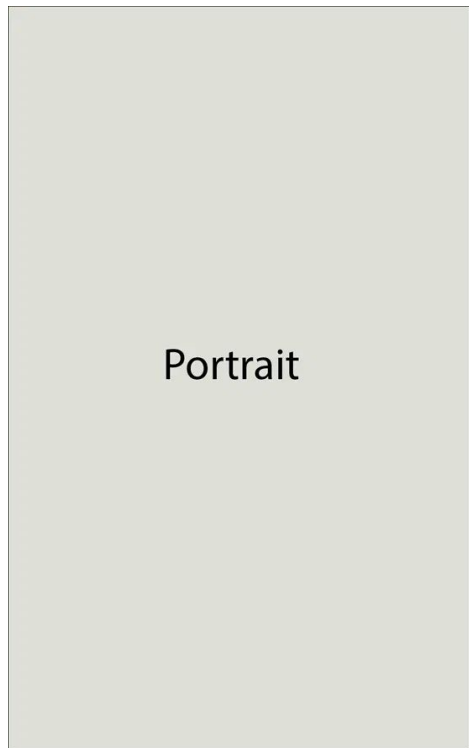- Make sure the main subject of your image is in one of the circles
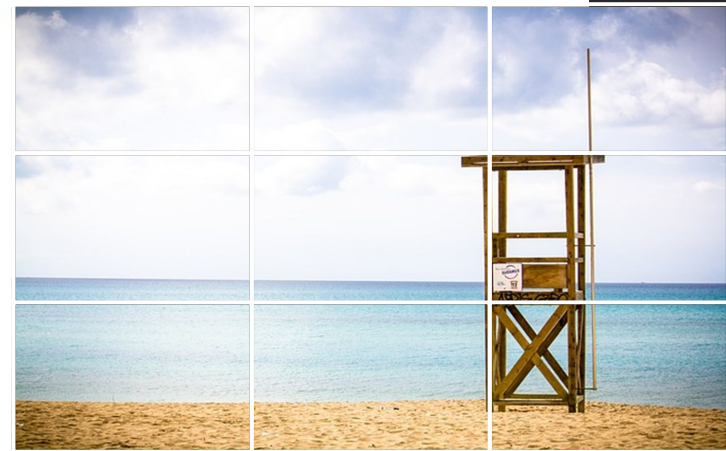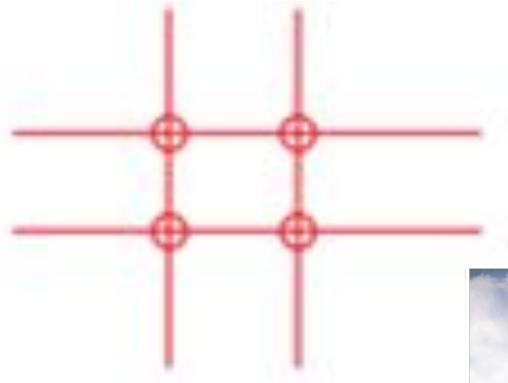
Camera Angle/Point of View

- The angle you choose to take your photo can make your image more interesting
- Play around with looking down and looking up

Landscape and Portrait

- How you orient your camera can affect the final photo

Portrait

Landscape

Movement

- A sense of movement can often make a picture

Depth of Field

- Depth of field is the distance between the closest and farthest objects in a photo that look sharp
- refers to how much of the picture and what parts of it are in focus

Light

- Pay special attention to the lighting conditions in your photo.
- When trying to avoid strong shadows, take pictures in the shade so that the light is more uniform on your subject(s).
- Try to place the sun on your back when taking your pictures. This will help you avoid backlit subjects that appear to be in the dark.
- If you are in a dark place or it is at night and the camera has a flash, use it.
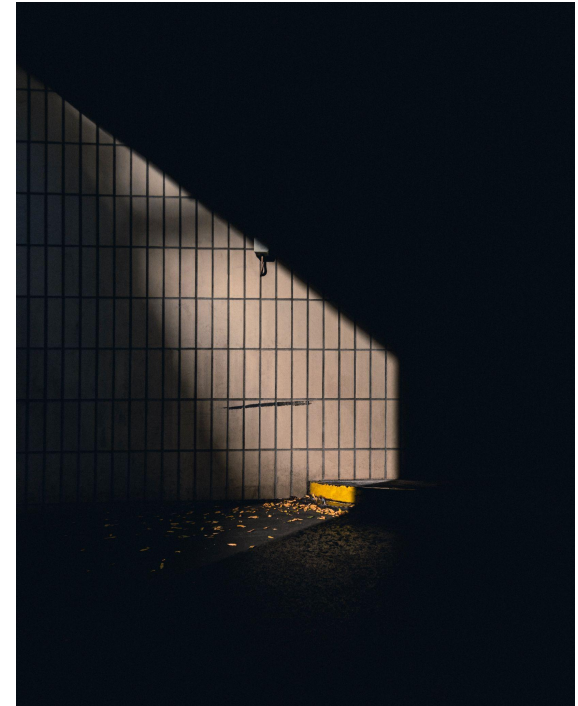
Be Creative & Have Fun!

- Remember that **you** are the one who chooses what you are going to photograph.
- Your perspective is what makes the photo striking, different and above all that it manages to convey its own message.

Photography Ethics

Informed Consent

Taking Pictures of People

- What is the purpose of this photograph?
- How might it be used?
- What they are agreeing to in having their photo taken?

Summary

When taking photos of others (in the world):
- Regularly reflect on what you are sharing and how you are sharing it
- Ask for consent, making clear what the purpose of the photograph is and how it will be used

Remember:
- Aim to **not** take pictures of people you don't know
- Use common sense when taking and sharing photos for this project
- If you have any questions or concerns, please reach out!

Safety

When taking photos:

- Don't take unnecessary risks.
- Don't go anywhere you don't normally go, or do things you normally wouldn't do.
- Bring a partner.
- Be aware of your surroundings.

Self-care

- Some of the photos and stories can capture experiences with trauma and realities of participants' lives that can incite a variety of emotions
- The process itself of reflection can bring things up for folks
- Remember to hold space and remind participants to do what they need to take care of themselves!

In the chat: Share additional self-care or trauma-informed practices you suggest we keep in mind when engaging in PhotoVoice?

Practice!

Building Visual Literacy

- How is this photo framed? Where is your eye drawn? How would the meaning of this photo change if it were cropped?

- What angle has been chosen and does it affect what you think or feel about the subject?

- What has been included in the frame and what has been left out?

- What is in the background? What does that say about the subject or the situation?

- What do you notice about the lighting? Where/what is the light source?

Photovoice Session

Building Visual Literacy

Questions to consider when looking at a photo:

WHAT DO I SEE?

WHAT DO I FEEL?

WHAT DOES IT MAKE ME THINK?

Building Visual Literacy

- **What do I see?**
- **What do I feel?**
- **What does it make me think?**

- What is in this photograph?

- What do I think the photographer wanted to communicate?

- Is what I'm thinking universal, cultural, or personal?

Photovoice Session

Practice Activity

1. Select one photo from Pexels.com that you feel drawn to

2. Ask yourself:
   a. *What do I see?*
   b. *What do I feel?*
   c. *What does it make me think?*

3. Share your photo with your group and discuss

Break Time!

Working with Images & Text

Developing the Story

SHOWeD Method

- What do you **See** here?
- What's really **Happening** here?
- How does this relate to **Our** lives?
- **Why** does this situation **Exist**?
- What can we **Do** about it?

Prompts to Try

Sense Poem
- I hear...
- I smell...
- I see...
- I taste...
- I touch...
- I feel...

Word association
list of any words or ideas at all that jump into your head, however random or unrelated

Free writing
Write for two minutes without stopping or reading back
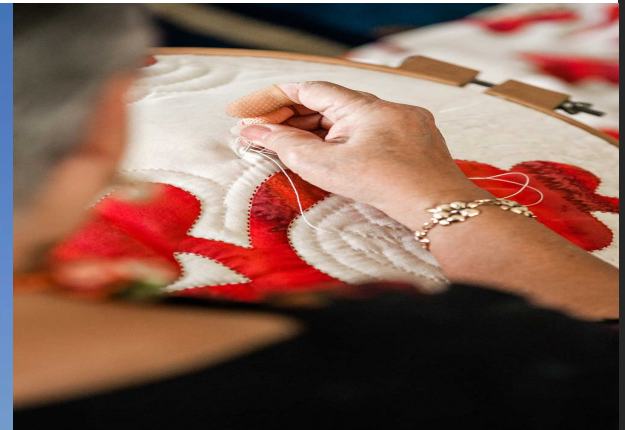
A photo diary/story
- What happened 1 minute before and afterwards?
- What happened 1 hour before and afterwards?
- What happened 1 day before and afterwards?

Questions
- When?
- Where?
- Who?
- What?
- How?
- Why?

Adding Text to Images

Narrative Practice

Using a photo to answer a question:
- **What does community mean to you?**
- Pick a photo
- Think about a *narrative* (story) for the photo that answers the question
  - Write 1-2 sentences
- In the chat box, write the number of the photo you selected and the narrative you wrote
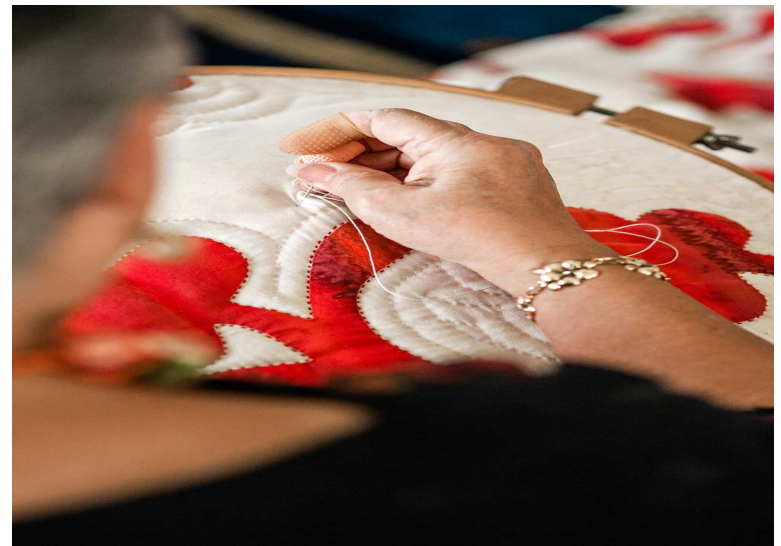
Photo 2

Photo 1

Photo 3

Full Group Sharing

- **Did writing a caption from one of these prompts help you think about your own photo differently? If so, how?**

- **As the viewer/listener - how did this caption help/change/narrow/expand your reading of the photo?**

- **How would a different prompt have changed what was known or understood about your photo?**

Sharing Photos

Sharing Photos

Participants can get the opportunity to create awareness with the results by organizing an exhibition for stakeholders or by using social media.

An exhibition can accomplish several purposes:
- Demonstrate that their work is valuable enough to show
- Provide a window in to conditions, lives, or issues for people
- Raise public consciousness about the issue, and can lead to change and improvement
- Function as a celebration of the achievements, learning, and increased consciousness and self-respect of the participants
- Provide an opportunity to discuss how to take action

Reflection Questions

- **What are some connections that you can identify between photos?**

- **What themes do you see across photos/stories?**

- **What themes did you hear across stories?**

Questions

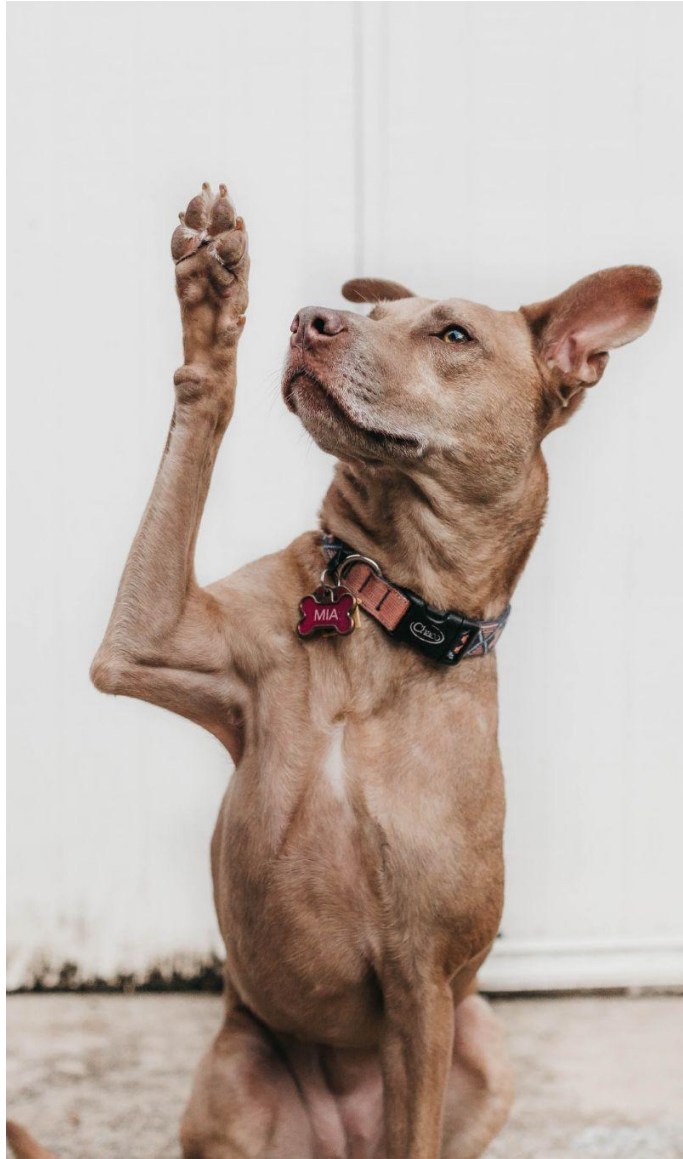**What questions are coming up for you as we conclude today's session?**

Come off mute or add your questions to the slides in the link

Q & A

Closing

Wrap Up

I will email you links with revised content, the slides, and a brief survey requesting your feedback!

Next session on Tuesday, May 10, from 10-11:30

Group Meaning Making

- **Share the themes and connections you thought of**

- **Are there differences that feel important?**

Photovoice Session

Discussion

- **What feels most important to highlight for people/schools who want to better support students (in preparing for their futures)?**

- **What suggestions do you have for how to better support students achieving their goals?**

- **Anything else that stood out to you in viewing these photos/reading the narratives?**

Photo Sharing

1. **What are your goals for the future?**

2. **What is your personal motivation for achieving your future goals?**

3. **What barriers or challenges are on your mind when you think about your future?**

Introducing Narrative
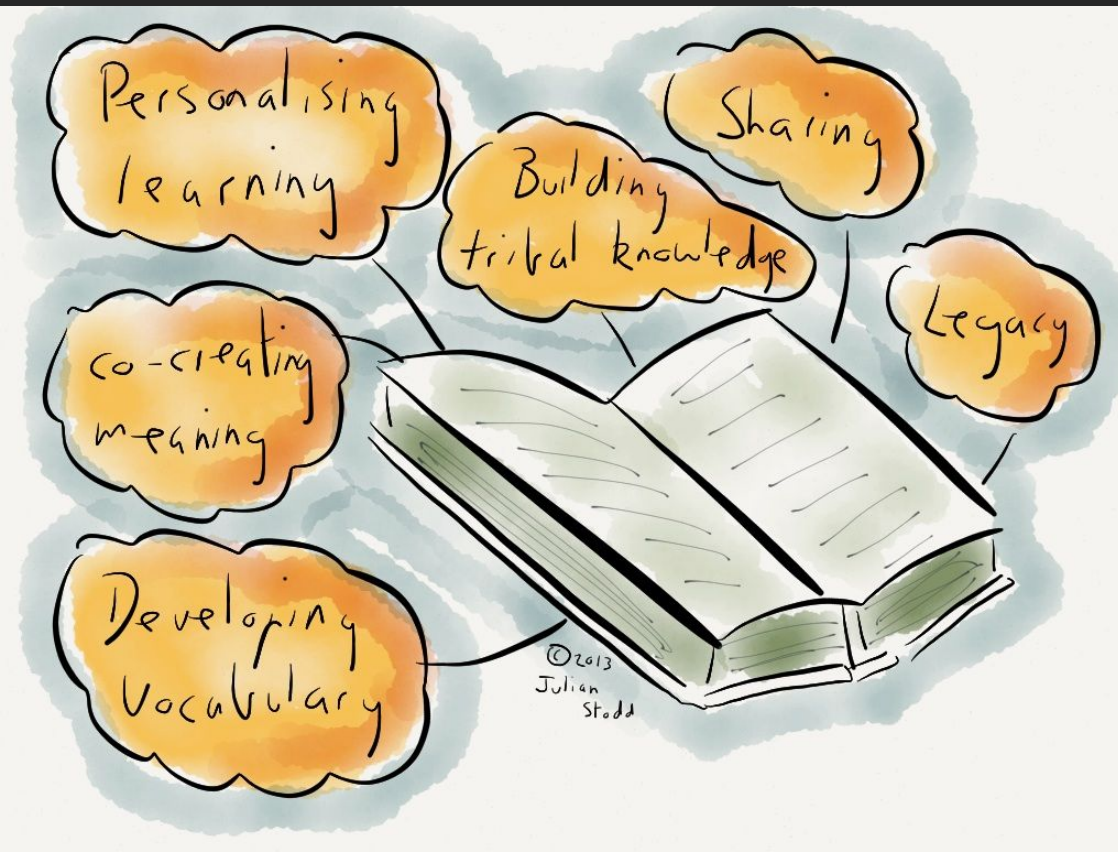
Introducing Narrative

What is participatory photography?

A method that uses **photography** and **narrative** (the photo's story or caption) to capture the conditions in a community. It provides a diverse set of data that stems from each person's point of view.

Activity

Take 5 minutes to walk around and **pick 3** from the list to take photos of:

1. Something red
2. Something round
3. Something you like
4. Something you'd like to change
5. A detail you think no one else will have noticed