Photovoice: Utilizing A Participatory Action Research Strategy in Extension Programming

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Photo by: Isabel Kelly
Photovoice is...

a powerful photographic technique that enables people to assess the strengths and concerns of their community and communicate their views to policy makers.

Photo by Doris LT

Photovoice Goals

- Record a community’s strengths and weaknesses
- Promote critical dialogue
- Reach policymakers

Photo by: Addie R.

Framing with Research Questions

A good Photovoice research question:

• Is personal
• Is open
• Is clear and specific
• Is related
• Results in answers

Our FEC Photovoice Research Question

What is one thing that supports staff morale in your organization, and/or what is one thing that could be improved in order to achieve a higher level of staff morale?

Your assignment:
- 10 minutes
- Take 1 or 2 photographs which answer our research question
- Upload your photos to our shared Google Slide (link in the Chat)
Digging Deeper – SHOWeD Method

• What do you **see** here?
• What is really **happening** here?
• How does this relate to **our** lives?
• **Why** does this situation, concern, or strength **exist**?
• What can we **do** about it?

Sometimes during our life we can be in the shadows but the light is still shining down even though it may not seem that there is light.  
-Lucy Krichko
Breakout Rooms
Cheboygan’s $125,000 Photovoice Project

Topic: Substance Abuse

- When you hear the words “substance abuse” what does that mean to you?
- Who or What influences you to abuse substances?
- Who or what keeps you from using substances?
- How do your parents/guardians and friends feel about substance abuse?
- What is missing? What would help you or others in our community stay substance free?
Substance Abuse Photovoice
Visualizing a Year Like No Other

- WEEK 1 – ORIENTATION AND INTRODUCTIONS
- WEEK 2 – SELF PORTRAIT
- WEEK 3 – REFLECTION
- WEEK 4 – FOCUS
- WEEK 5 – VISION/DEPTH
- WEEK 6 – ACTION
- WEEK 7 – CONNECTION
- WEEK 8 – WRAP-UP/EXHIBIT PREP/CELEBRATION

- MAY 15 – AUG 15, 2021
  - PROJECT EXHIBIT AT MSU BROAD ART LAB

Photo by Leala S.
Visualizing a Year Like No Other
My biggest takeaway from the program was …

• That every photo is amazing and tells a story. Also that you can be positive about anything, if you just look to the bright side.

• To not be scared. I usually don’t do anything like this because I’m too worried. But I signed up on the last day and boy am I so glad I did, probably one of my favorite things I've participated in ever.

• That we're all in this together.

• My biggest takeaway from the program was probably the feeling of how amazing it was to have my own community of people who shared similar interests as me and that I felt supported me. I also learned a lot about how fun photography is and how it can have a huge impact and very deep meanings.
Alger County – Youth Mental Health

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“Labels are everywhere.” - Photo by Caitlin B.

“The day they were adopted was one of the best of my life.” - Photo by Kyley F.

“This box was my outlet because I had few other coping strategies. But when I go to college, I’m leaving the box behind.” - Photo by Jordan R.

“It’s the little things that help through the day.” - Photo by Maezie N.
Group discussion

What is one example of how you might be able to use Photovoice in the work that you do?

Questions for presenters?

Photo by: Audrey J