

resources

For more information on iSpeak:

Kawartha World Issues Center
www.kwic.info

Community and Race Relations Peterborough
www.racerelationspeterborough.org

For more information and examples on photovoice:

Photovoice Hamilton Manual and Resource Kit
<http://photovoice.ca/>

Envisioning New Meanings of Disability and Difference
<http://www.envisioningnewmeanings.ca/>

For more information on anti-oppression:

CRRC Anti-Racism Resource Center
<http://anti-racism.ca/>

Colours of Resistance Archive
<http://www.coloursofresistance.org/>

IMAGE ON FILM

OBJECT

SHUTTER AND LENS

nasal cavity

pharynx

SHUTTER AND LENS

Hard palate

Soft palate

Pharynx

Uvula

Tongue

Lips

the iSpeak 'zine

a reflection on the ispeak project,
its outcomes and a guide for
engaging in photovoice

ispeak amplifies the voices of
diverse local youth through
photography as a medium for
storytelling to express who we are,
where we are, where we come from,
and the people and issues that
matter to us

superior rectus muscle

eyeball

superior oblique

bone

lateral rectus

inferior oblique muscle

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kwic
Kawartha World Issues Centre

LAIDLAW
FOUNDATION

crcc

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photography tips

Lighting. Good lighting is important for both indoor and outdoor shots, and a flash may be necessary in areas where there isn't enough natural light. Keep your lights source behind you, and be sure to avoid 'hot spots', or bright lights in the photo (unless you want this effect!).

Framing. Try not to place your subject's head (or main focus) in the center of the frame. You'll have a much more dynamic image if the subject is off-centre.

Composition. Look around at the environment. Keep an eye out for interesting architecture or objects that you can use to frame your shot. Look for things you can "shoot through" such as fences, curtains, flowers, etc. All of these will help for more interesting composition.

Ethics and consent. Using a camera gives the photographer a lot of power to create a message that is visually loaded with meaning; within the image is the photographer's values and message, and those the viewers will take away with them. It's important to represent the image and the subjects within the image in an accurate way. Be sure to ask permission before taking anyone's photo and remember that the subjects are vulnerable to the image, even if they give permission to be photographed.

Re-shoot. Take several shots, from different perspectives, of the subject you're interested in. When you shoot, don't just give yourself a few shots and move on. Work every angle. Shoot the same subject in every way possible.

developing themes

What matters to you? Think about what is important in your life, where you live and how you live, who you interact with, how you feel in certain spaces. Make a list of things you are proud of, like, love or enjoy. Then make a list of things that need to change.

Think about scale and scope. When you're reflecting on themes that matter to you, it is helpful to keep in mind different scales. You may want to focus on you as a person (i.e. how you feel, what you think, how you act), you may want to look outside of yourself at things that are close to you (neighbourhood, friends, family), and you may want to consider the broader community (your city, nation, global communities). What often works best is to think about these different scales in relation to each other, for example, to look at how global issues (i.e. migration) impact you as a person and in your community.

Think about your story. What is it that you want to talk about? Think about? Investigate, explore, or bust wide open? Is there a common story that needs to be challenged?

Find an image. With your themes in mind, take your camera around the spaces you've been thinking about, and think of what kinds of images might work with your interests. It's ok if you're not sure exactly what you want to communicate, that's all part of the process. You may look at your photos later and make new connections that you hadn't even thought of before!

iSpeak

What is iSpeak? iSpeak is a youth-led participatory photovoice project that explores newcomer, diaspora and Peterborough youth experiences, exploring individual identity through artistic and hands-on approaches including photography and story-telling. This project draws on knowledge shared in interdisciplinary workshops by photojournalists and anti-oppression workshops from local facilitators. The goal of this project is to create an inclusive youth networking space that engages diverse youth, and provides anti-oppression training through artistic approaches.

About this zine. The following pages provide a sampling of the photographs and narratives that local youth produced during the iSpeak project.

about photovoice

What is photovoice? Photovoice is an innovative, inclusive and participatory action method for engaging communities, particularly communities that are diverse and marginalized. It has been successful in enabling community members to give voice to their issues and speak from personal experience, and provide contextual understanding to those outside of the community.

How does it work? The process involves telling a story through photography and narrative, by taking photos to document important people, places or themes and developing text that reflects on the significance of the image.



narrative



self-reflection

What is self-reflection? Self-reflection is something that everyone does in their daily life. It's a process of trying to understand who you are, where you come from, what you like, think is important, why you do or don't do certain things, etc.

Why is it important? When self-reflection is paired with a commitment to anti-oppression, it becomes a powerful and necessary tool for personal and social change. This is often referred to as 'critical self reflection', which occurs when we analyze and challenge the validity of our assumptions and assess the appropriateness of our knowledge, understanding and beliefs given our present contexts.

How does critical self-reflection work? Critical self-reflection is often thought to move through three main phases, which are interconnected as a loop, feeding back itself. These phases might look like this:

1. **What?** this usually involves a surface level description of an event, experience, piece of knowledge or reaction to a situation.
2. **Why? What if?** this phase includes analysis, looking at why you interpret or approach a certain event, situation etc. in a particular way, in relation to your own identity and privilege. It also explores alternative viewpoints and addresses any gaps in your knowledge or experience.
3. **Now what?** This is the process of uncovering and acting on root causes of our knowledge, experiences and reactions, connecting them to broader social systems. It's a process of building new meaning/ways of knowing, while working to change both systems and behaviours¹.

¹ <http://www.coles.uoguelph.ca/pdf/Critical%20Reflection.pdf>

anti-oppression

narrative

What is oppression and privilege? Oppressions and privileges based on race, ethnicity, creed, class, gender, sexual orientation, gender orientation, immigration status, country of origin, religion, mental health status, age, and ability are systemic in Canadian society. These form a system of interlocking oppressions/privileges that are mutually enforcing and cannot be addressed in isolation. Oppressions/privileges are embedded in the dominant culture and social institutions in a way that is so pervasive that they are often invisible and affect everyone. They affect the perception of the world of those who knowingly or unknowingly carry around the baggage of oppressive attitudes and stereotypes which make them prejudge individuals and situations. These perceptions lead to behaviours that validate and propagate oppressive behaviours¹.

What is anti-oppression? Anti-oppression is a perspective, a life approach and a prerogative for anyone who cares about equality and justice. It involves recognizing and deconstructing the systemic, institutional and personal forms of disempowerment used by certain groups over others²; not only by acknowledging oppression but by unpacking personal and social privileges as well. Working within an anti-oppression framework is an ongoing process that begins with understanding what oppression/privilege is and how it functions in everyday life and as a system, but it requires a deeper commitment than that; people can know all the "isms," but still not practise anti-oppression. They may understand the oppression in their own lives but fail to acknowledge the oppression of others. It takes time to internalize and operationalize 'anti-oppression'³.

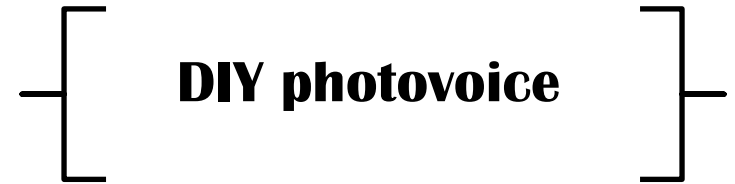
1 <http://accessalliance.ca/antioppression>

2 <http://revelandriot.com/resources/anti-oppression>

3 http://www.tdsb.on.ca/_site/ViewItem.asp?siteid=10471&menuid=38468&pageid=32412



narrative



DIY photovoice

Why do photovoice? Photovoice is a personal process that affects both the author/photographer and their community; it involves a process of personal learning, reflection and change, but it also contributes to change at the community level, should you choose to share your work. You may have a story that you want to tell or bring attention to, an experience that you want to better understand, or there might be a popular 'narrative' that you want to challenge.

Getting started. This guide can help get you started. It includes some basic information on anti-oppression and self-reflection, with tips on how to develop themes for your work and on using a camera effectively and ethically. There is also a list of resources that will prove helpful for more information on photovoice and its applications for individuals and communities. Feel free to contact KWIC or CRRC (contact info is on the back) if you have any questions or concerns, or if you want to share your experience and artwork.

Details. This guide comes with a disposable camera and a gift certificate for developing your photos at Peterborough Photo Service (188 Charlotte Street). We suggest that you start with some reflection on the theme you are interested in exploring, and take some photos that speak to that theme. Once they're developed, you can work on the narrative part, and decide just what you want to say about them. Throughout the process, spend some time reflecting on how you are feeling, where you are coming from, and what role your photos/narratives play at the community level.

{ **narrative** }

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