

Photovoice Activity



Photo courtesy of Pexels, by Designecologist

This tool was developed by POAH in partnership with Design Impact as part of a larger effort to make housing more trauma-informed. To learn more about POAH's work and see how this exercise might fit into your own organization's efforts to become more trauma-informed, visit POAH's Trauma-Informed Housing Toolkit at: traumainformedhousing.poah.org

Purpose

This activity can be completed at the beginning of a project by members of the site team. The purpose of this activity is to encourage participants to reflect on their communities' strengths and challenges and to surface their insight on the topic at hand. By responding to a prompt with both a photo and caption, participants can reflect upon the reasons, emotions or experiences that shape their perspectives.

Activity Type

Fieldwork (participants can do this on their own, outside of a group meeting).

Materials

Camera (phone camera works!).

ACTIVITY

Take a Picture...

- ...of something around where you live that makes you feel most **safe** or **empowered**.
- ...of something around where you live that represents **distress**.

Please do not take photos of individuals unless you have their permission. Email or text your photo and a quick description of the photo.



This brings me happiness because my oldest daughter graduated from college!!



This makes me have major anxiety, can't get ahead.



I feel empowered knowing that I can literally create and transform spaces to fit my taste. Being able to bring my kids along, do the work alongside them and know this experience instilled something special inside them is everything.



Trash, clutter, discord, calamity, and disorder can put me on edge if not dealt with properly and in a timely fashion. I function best in clean spaces where intention lives and the vibe is right.



Flowers bring me so much joy. Getting to have the beauty of the flowers in front of my home is my happy, peaceful place.



The broken window is in my bedroom. There is a rock on the windowsill that was used to break the glass. That saddens me and frightens me. I put things in perspective and focus on my blessings.