

# DENVER COMMUNITY ACTIVE LIVING COALITION

## DENVER PHOTOVOICES

You are invited to be a part of **Denver PhotoVoices**, a project led by the Community Active Living Coalition in Denver. During this project, you would be asked to take pictures of the things that help or make it difficult or easy to live actively in your community – walking, biking, going to the park, and more. These photographs will be compiled into a public online database, and your photo may also be selected for a public exhibit to be displayed in June 2016 at the Wellington Webb Building. These photos will help guide the Community Active Living Coalition in advocating for active living systems and policy changes in the City of Denver.

### WHAT IS PHOTOVOICE?

- **PhotoVoice** is an activity that anyone can do! You will take pictures that help you tell a story about how the built environment affects you. The PhotoVoice project enables individuals to represent themselves and create tools for advocacy and communication, and deliver positive social change in our community health!

### WHY PHOTOS?

- Photography is flexible, accessible, and low cost, and crosses cultural and linguistic barriers. A picture is worth a thousand words!

### HOW DOES IT WORK?

- Choose your camera; any type is fine! Review **Photo-Taking Tips** section for tips for taking the best pictures.
- Reflect on how you might answer the following questions using a photo:
  - o What is it like to live, walk, bike, commute, or play in your community?
  - o What in your life or community has helped you or has slowed you down from living an active lifestyle?
  - o What do you want to tell other people about walking, biking, or active living?
  - o How has walking, biking, or other commuting changed in your community? What is better? What is worse?
  - o What are your hopes for the future of your community?
- Get out and take some photos! Be sure to review the **Photography Ethics** section and be safe and respectful when you are taking pictures in public.
  - o For each picture you take, record the date, time, location, and a brief caption.
- Submit your photo online to [bit.ly/mydenverphotovoice](http://bit.ly/mydenverphotovoice). By submitting your photo, you are agreeing that you are willing to have your photographs and captions used in public displays.
- Stay tuned our website (coming September 2015) to see photos as they come in, and join us in June 2016 for the expo as the PhotoVoice exhibit goes on display at the Wellington Webb Municipal Building downtown!

### CONTACT US

The Project Coordinator of the Community Active Living Coalition is Kayla Gilbert, at the City of Denver's Department of Environmental Health, Community Health Division. You can contact her directly at [kayla.gilbert@denvergov.org](mailto:kayla.gilbert@denvergov.org).

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## PHOTO-TAKING TIPS

### TIPS FOR TAKING GOOD PHOTOGRAPHS

- Try different angles and different points of view.
- Keep the sun to your back or to the side.
- Is your subject in or near the center of the photo?

### TIPS FOR AVOIDING COMMON MISTAKES

- Keep your finger away from the lens
- Don't cover the flash
- Stand about three to eight feet away from your subject
- To prevent blurry pictures, hold your elbows close to your sides, and hold your breath while you press the shutter button.

## PHOTOGRAPHY ETHICS & SAFETY

With PhotoVoice, we are visual researchers as we take pictures to document our experiences in our community. As a visual researcher, you must keep certain guidelines in mind:

**Stay safe!** Make sure you are safe when you take the picture. For example,

- Stand on a solid surface.
- Look before you step into or cross a street.
- Be aware of things around you, like traffic.
- Do not put yourself in risky situations. If you feel uncomfortable, put your camera away and go elsewhere.

**Ask permission.** Always ask permission before taking people's photos for this project. If people can be recognized in a photo, ask them to sign a **Photo Consent Form** before sharing the picture.

**Be respectful.** If certain people don't want their photo taken, respect their feelings. Also be respectful of private property and do not trespass.

**When permission is not necessary:** In public places like a park, you may be able to take someone's photo without permission, especially if they are far away and cannot be recognized in the picture.

**Be prepared.** Be ready to explain about the project to family, friends, or strangers, who may ask what you are doing. A simple explanation is: "I am part of a PhotoVoice project investigating how the built environment like sidewalks, crossings, and bike lanes affect our community health. We are taking photographs to document our experience walking, biking, commuting, or playing in our community, which will be compiled into an online PhotoVoice archive and a display at the Wellington Webb Municipal Building downtown in June 2016."

**Respect the lives and safety of yourself and others.** When you take photos, think of people's safety first, and be respectful of their lives. For example:

- Do not try to capture photos while biking, driving, or otherwise occupied.
- Stay in the public right-of-way, and do not take photos while you are in a lane of traffic, such as a street or bike path.