

# PHOTOVOICE Activity Guide

Today's date: \_\_\_\_\_

Due date: \_\_\_\_\_

My unique ID Code: \_\_\_\_\_

*Take a photo of this code or text it to yourself so you don't lose it!*

**Please send us**

## 1 to 5 photos

**with captions that you feel represent your experiences  
with substance use. This is a youth-led activity—**

## feel free to be creative!



Substances could be alcohol, tobacco, cannabis, or any other drugs, including medications used other than indicated or illegal drugs (for example, hallucinogens, fentanyl). People use substances for different reasons, including medical purposes, religious or ceremonial purposes, personal enjoyment, to connect with peers or family, or to cope with stress, trauma (including intergenerational trauma) or pain.

Please **DO NOT** include any of the following in your photos or captions:

- ✗ People:** This means no photos of you, or photos of other people (friends or strangers).
- ✗ Information that can identify you or others:** This means no addresses, street names, places that are easy to identify, or documents containing personal information (such as legal documents).
- ✗ Illegal activities:** This includes no illegal substance use, trespassing, etc.
- ✗ Items with brand names visible, or places with the business name visible**
- ✗ Anything that might embarrass someone or make them feel bad**



Health Canada Santé Canada

Canada



## STEP 1:

### Read these instructions, and the questions on the next page



- **Before you start taking photos**, think about the different questions on the next page and how you could answer them with a picture and short description.

## STEP 2:

### Take some photos using your phone, tablet, or digital camera



- **Choose 1 to 5 photos** that you would like to share with us. Photos can represent **concrete or abstract ideas**, depending on what feels meaningful to you. You are welcome to explore creative approaches such as photography or artwork you create. You can use abstract or symbolic imagery that represents your ideas, feelings and experiences, such as staged scenes or objects. You can use more than one photo to express your thought or experience.
- You can edit photos on your phone, if that helps you express your message, or removes information that might identify you or others.
- Please do not put yourself or anyone else in danger to take a photo. For example, don't climb somewhere unsafe to take a photo.

## STEP 3:

### Think about what you want us to know about the photos



- **Ask yourself:** What does this picture mean to you? Why did you choose this particular photo? How do you think it relates to the questions asked on the next page?
- **Write a caption (at least 1 word, with no maximum)** that explain each of your photos. You can write captions directly in the online submission form. You can also write your captions on a piece of paper and submit a photo of them—but please write clearly so we can read it!

## STEP 4:

### Send us your photos with captions



- **Access the submission portal** using the **QR code or link**. You will also need **your unique ID code**. If you have issues with your unique ID code, contact your interviewer for help.
- If you need help finding Wi-Fi or an internet connection to upload your photos and captions to the portal, ask your interviewer for ideas (for example, public libraries).



## Questions to consider answering with your photos and captions

Questions with prompts are included below to **inspire ideas**, not restrict them. There is **no right or wrong way** to approach the activity. We are interested in **your** unique viewpoint and how you choose to interpret the questions and prompts. You may skip any question or prompt that does not feel comfortable or safe.

### 1. How can I express or represent my day-to-day experiences related to substance use in a photo?

Some ideas may include:

- places you go, things you do, and how you feel
- your neighbourhood, community, or culture
- why you use substances

### 2. How can I use a photo to describe or represent the things that already help me or would help me related to substance use?

Some ideas may include:

- things you like, enjoy, or that make you happy or help you, places where you feel you belong
- things that help when you are struggling or need guidance, such as, community supports/ services, friends, family, support networks, self supports, activities, hobbies
- growth and development/change in your life that you have experienced or that you want to experience
- accomplishments that make you proud
- your hopes and dreams for the future
- things you want to see changed in your environment or in the world related to substance use

### 3. How can I describe the challenges that I experience related to substance use in a photo?

Some ideas may include:

- things you do not like, or that make you sad or frustrated
- things that make you scared or worried, or places where you do not feel welcome
- what life looks like when substance use starts to change, feel different, or become confusing

### You will also have the chance to answer the following reflection question:

If you were to summarize what you have captured in your photos and captions, is there a message that you want to share with others (this could be Health Canada, community service providers, anyone else)?

### What do you want people to know about your experience?





## Example Submission



## Contact Information

If you have any questions, need help with the submission portal, or need more time to submit your photos with captions, just reach out to the site (this will most likely be the person who shared this document with you). *Take a photo of this contact or text it to yourself so you don't lose it!*

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please do *not* submit your photos and captions by email.**

