





A picture speaks a thousand words  
Advocacy through Photography

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## In Memory of Luvuyo Tyulu




## A picture tells a 1000 words

- Have you ever looked at a picture that pulled at your heart or caused you to feel anger at an injustice shown in the picture?
- Images play on our emotions.
- Images influence each one of us on a daily basis.
- Photographs offer powerful concrete evidence of reality in a way that words simply cannot capture.
- The photographs force the viewer to see an experience from the standpoint of another person





## Advocacy through Photography


- The same approach can be used to tell the stories of marginalised people to other audiences.
- Images can tell stories about our concerns, our struggles or show a particular view of a community.
- Taking photographs and telling stories related to these photographs, are empowering.




## What thoughts go through your mind when you see this picture?





Write down the first thing that comes into your mind.






## Disrespect



- Even though this situation maybe does not maybe affect you ie you may not need a parking zone because you don't have a car.
- What is the message that the photographer wanted to bring across?
- How are you being disrespected in your life?
- So a picture is not just about what is in the image
- but also what is not there.
- The image therefore helps you to bring out the point more strongly.


## Photovoice





- **Photovoice** –is a technique which mingles images and words.
- Pioneered by Ewald & Lightfoot (2001) – “I wanna take me a picture”- put the camera in the hands of those who were previously her subjects.
- difficulty expressing their ideas but did so with more confidence once they were supported by photos that they had taken from their own context and point of view.

## Photovoice




- In the Fofa project we wanted participants to share ideas and concerns about their experiences of being AAC users and being members of the disability and AAC community.
- Also took on the role of **photographer**- the responsibility of capturing photographic evidence to let others see the world thru their eyes
- Not just about individuals capturing images.
- About **discussing** and **reflecting** on the images into their individual and the situation of their community.


## It's not just about you!

- As **advocates** the stories that you tell needs to start going beyond just telling about who you are and what happened to you.
- To be an **advocate** you need to start telling stories that start to **prick peoples awareness** about the issues that affect you and others like you ie your community as well as society in general.
- “Nothing about us without us”
- Not just about demanding rights.
- It is your responsibility to change perceptions!
- In this way can we affect social change.






## FOFA and PHOTOVOICE











## Themes to Photograph

Asked them to photograph **3 themes**

1. Their main Friday presentation topic which should also include
2. “People need people” theme
3. “Being a Communicator” theme


- Took the view that there was no right or wrong photograph to take.
- But take the picture can bring out theme.



**BRAINSTORM**

- Brainstorm some ideas of what the theme meant to them
- Think about how to capture some of those ideas in a photo.
- They didn't have to photograph the idea exactly but something associated with the idea or something that represents that idea
- e.g "locked in" you don't have to show a picture of a person locked up but something that represents it





e.g "locked in"

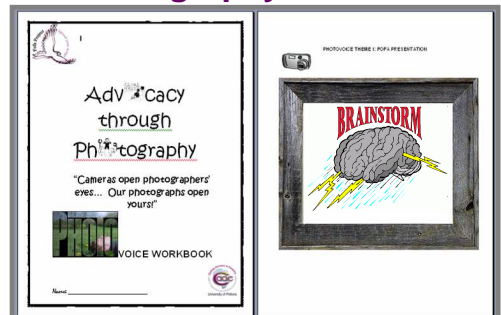












**Your Advocacy through Photography Workbook**

**Reflect on the Photo**



1. Why did you take this photo?
2. Can you describe this photo?
3. What did you call this picture i.e. its title or name?
4. How do you feel when you look at this picture?
5. How does this photograph relate to the theme? /Why did you choose this photo to represent the theme
6. How does this theme captured in this photograph relate to your life?
7. Is there anything that you would change about this photo if you had to retake it again?

**Using the Camera**


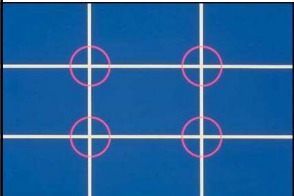
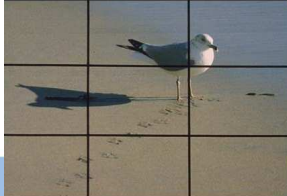
Taking a photo

The flash






**Composing a picture**

- The angle
- Steady camera = sharp pictures
- Rule of thirds

**Tsholofelo**

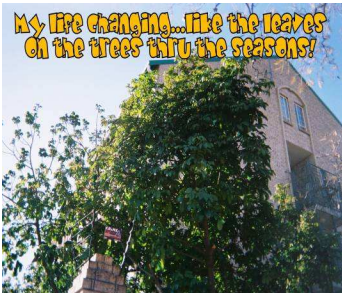


I call this photo "I am in style". It shows me being in style and being a beautiful young lady. When I look at this picture I feel great because it shows a person can change no matter how bad life has been. I had a bad life before the last Fofa and now one year later, I am living a great life at the home for disabled people.

**TSHOLO'S DREAMS**

*My life changing...like the leaves on the trees thru the seasons!*

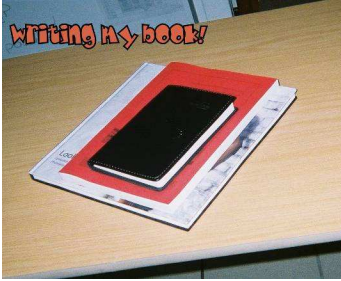
This picture shows the leaves changing colours like my life changed.



**TSHOLO'S DREAMS**

My dream is to be a writer. I'm writing my life story or my autobiography and I all most finished. I have written seven chapter already and I have two chapters to go. Maybe you will buy my book one day and remember that life changes like seasons.

*Writing My Book!*



**Tom**

People with disabilities are often thrown away. We are seen as a waste.



**When you are alone...**

