

Handout: PRI Information

In this **Picturing Resilience Intervention (PRI)** group, you will have the chance to use your own creative talents to address things that matter to you or that challenge you, from your own life or community.

By exploring the photography of others, creating your own photographs, and discussing how these creations can highlight strengths and challenges in your lives, this Picturing Resilience group can help you develop new **coping skills** (ways to deal with stress and struggles) and greater **resilience** (your ability to “bounce back” after challenges).

Goals of **Picturing Resilience Intervention** are to:

- *Become more empowered and resilient.*
- *Learn new ways to adapt and cope with common youth challenges.*
- *Gain a growing sense of connection and belonging with other group members.*
- *Discover new interests, talents, and ways to express yourself.*

The **Picturing Resilience Intervention** is made up of five group sessions and a final exhibit. Each session will be 60-90 minutes. Each session topic is listed below:

Session 1: Picturing Resilience Intervention Group Introduction. Session 1 introduces the **Picturing Resilience Intervention (PRI)** process and some important details about ground rules, safety, and consent.

Session 2: Picturing Strengths and Resources. In this session we will talk about individual and community strengths and learn some basic photography skills. Cameras will be distributed at the end of this session.

Session 3: Picturing Challenges and Coping Skills. In Session 3 you will have the chance to discuss some common youth and community challenges and to learn about ways to deal with these challenges when they arise.

Session 4: Picturing Youth Perspectives. In this session you'll select your favorite photographs for the final photography exhibit. You will also have the chance to share your own thoughts about other people's photography and learn more about writing short, meaningful descriptions of your photos.

Session 5: Picturing Youth Narratives. In Session 5, you will write titles and narratives for your exhibit photographs and share your favorite photos with the group.

Picturing Resilience Intervention Final Exhibit. For the final exhibit, the group will display favorite photographs, and friends, family, and other community members can come see your work.

Ground Rules:

In order for **Picturing Resilience Intervention** to be a safe and fun experience, we will request that everyone in the group agree to the following:

- **Basic safety** – *Please follow all safety guidelines as set by group facilitators (more will be discussed later in Session 1). When going out to take photographs, always stay aware of your surroundings and let an adult know where you are.*
- **Respect** – *Picturing Resilience is a group process where all thoughts, feelings, and perspectives are welcome. Please take turns talking and listening to others. Even if you disagree with someone, please do not yell, argue, interrupt, or make fun of anyone else for sharing their experience in the group. Please keep your hands to yourself at all times during the group session.*
- **Camera use** – *To make sure all cameras are returned in good working order, please:*
 - ▶ *Follow the guidelines set by group facilitators about when, where, and how to use your camera for the project.*
 - ▶ *Keep track of your camera and accessories at all times.*
 - ▶ *Do not play with other group members' cameras.*
 - ▶ *Always get permission before taking a picture of someone or their property.*
- **Technology** – *In order to give full attention to the group, please turn off all phones and other devices.*
- **Communication** – *If you ever have questions or concerns, please talk to one of your group facilitators immediately so that they can help keep you safe and work through the issue with you.*