**Photovoice Transcript**

**What is Photovoice ?**

**Shay :** Photovoice is a process in which people use photography and printed images as a way to tell their stores and express themselves.

**Chris:** Sometimes it is hard for me to actually start a conversation because, y’know, I really don’t know … sometimes I don’t really know where to start because it’s hard to find words. The challenge is very real.

**Shay:** Sometimes there isn’t words to express how you feel. And we wanted them to use a different form of expressing themselves through art, through photography

**Chris:** And it’s a program about having a different array of topics for five weeks. And then basically having to go away and take photos and then writing an artist statement to go with that photo.

**Shay:** Often people with disabilities aren’t asked to tell their story, or sometimes people direct questions to their support workers. It was really important to us to go directly to people with disability and ask them to share their unique viewpoints of the world.

**Chris:** It means a lot because, especially like learning photography and doing a programme such as this one, it really helps me again to challenge myself outside of my comfort zone, but y’know, in a very positive way.

**Shay:** Most people really embrace this, especially people like Chris, who whose real form of expression is through creative arts and photography. And it really helps elicit deeper thinking around topics that some people may have never been asked before.

**Chris:** You know, it made me really aware of inclusion, but also of just how amazing, you know, everyone’s creative mind can be with their photos, their artist statement and what they put together.

**Shay:** I think this is a really powerful concept to be able to say the power is in your hands here. We want to understand you and your unique journey, and we want you to that in a way that is meaningful to you. It can help spur change. It can help inform policymakers. And it can also just be a really great community education piece. And these are really important and unique stories that we have to get out there, to help kind of debunk some of the stigma that can be associated with disability.

**Chris:** You know, we are who we are and there is nothing wrong with that.