



MÉTHOD'ARTS

PREVENTING VIOLENCE THROUGH ART



Photography



PHOTOGRAPHY

Whether through information, advertising or social networks, photography floods our physical and virtual environment. Unlike painting, photography in essence captures the real and the existing, but remains a narrative, the result of a perspective, of a construction that does not carry absolute truth. Without words, photography has an impact on our emotions and our vision of the world. Conducting a workshop around photography allows you to instill sensitivity and a critical look at images in addition to offering the necessary tools to convey messages in turn through photography.

Photography is a tool to get to know yourself better, through your interests and artistic choices, but also to show others. This allows us to question our relationship to the world and what surrounds us. By working on the theme of violence, photography offers workshop participants the opportunity to tell their story with their vision. For some participants, photographing also opened a dialogue with their models, strengthening social ties and lifting the taboo surrounding the subject of violence. In an effort to empower, we encouraged participants to focus more on the themes of courage, resilience or equality, rather than seeking to represent violence itself.

VIOLENCE PREVENTION THROUGH PHOTOGRAPHY WORKSHOP

This workshop has a double objective: to teach participants to be more critical of the images that surround them, and to know how to use the tools of photography to enable them to express themselves through this medium. Each session of the workshop is composed of a theoretical and a practical part.



Human resources

An artist animator:



- Mastery of the theme of violence
- In line with the values of the organisation
- Caring and empathetic
- Experience in workshop facilitation
- Serious and good references

A co-facilitator



- Member of the organizing association
- In charge of violence awareness and logistics
- Excellent knowledge of the subject of violence
- Able to welcome participants and moderate discussions.

If the workshop takes place in a school setting, it is not always advisable to include teachers in the workshop. Some children may have held back from sharing experiences or opinions because of their proximity to the teacher.

Course of the workshop



Participants: 15 people of all ages and genders. However, it is preferable not to mix children with other age groups.



Duration: 6 to 8 sessions of 2 hours, once a week or ideally twice a week.



Inclusivity: Depending on the audience, the workshop will be delivered in simple and accessible language. Written materials should be considered if participants are hearing impaired.



The preparation

1

Identification of an artist to lead the workshop

- Contact local cultural associations.
- Invite the artist to a presentation and discussion to exchange views on activities and gender-based violence.
- Select the artist via a panel from the organization following this meeting.



This stage can sometimes take several months.

2

Organisation of an awareness-raising session

Organise basic training for the artist and their team around three key concepts: violence, equality and power.
If the artist is not already trained in these issues.

3

Planning the workshop

- Discuss the programme of the workshop and plan the activities in detail (place, duration, materials, distribution of tasks...).
- Decide collectively on how to close the workshop: place, date, guests, and method of feedback.

🕒 3 to 4 sessions

4

Identifying a location for the workshop

- An indoor space
- A safe place for the expression of experiences, opinions and emotions
- Must allow the projection of images with a video projector
- Accessible to all persons with reduced mobility
- With an outdoor area offering opportunities to practice photography nearby

5

Organisation of a violence awareness workshop for teachers

If the workshop is held in a school setting

Make the teaching staff aware of the approach, get them on board and provide them with information on how to refer victims.

6

Recruitment of participants

Via local associations, posters, or the school system, depending on the target audience identified in the project. If the activity is to take place in schools, allow enough time to obtain the agreement of the headmaster and then the staff in charge (guidance counsellor, education officer, teachers, etc.).

7

Organisation of an information session for parents

If the workshop is held with children and young people

Get the parents' consent and make them aware of the need to ensure that the children attend the sessions regularly.



Conduct of the workshop

1

Introduction

- Presentation of the artist and the participants.
- Sharing the rules of the workshop: respect, trust, empathy, non-disclosure of confidences made by participants
- Share modalities (schedules, location, people to contact in case of absence, final restitution)
- Introduction to photography and what images tell: what emotions can be conveyed and how violence can be told
- Formulation of expectations and concerns.

1 session



2

Overview of key concepts

Introduction to the concepts of equality, power and violence to give impetus to the sharing of personal stories.

1 session



3

Learning photographic tools

- The framing, the point of view, the plans, the composition of the photograph, the lights and colors, the relationship to the legend.
- Support these tools with examples presented by the artist, preferably related to the theme of violence, equality or power.
- Set up exercises during each session to put into practice the concepts learned.

3 à 4 sessions



4

Realization of a photographic work

- During the workshop or outside, on a theme close to violence.
- Creation of a photographic book with all the final photographs of the participants.
- Creation of an exhibition.



The participants showed great enthusiasm and motivation to carry out their work.



The advantage of the photographic book is that it allows participants to take home their work and show it to those around them. However, it requires more involvement in the choice of photos, their order and a higher cost.



After the workshop

Organization of a closing event

Presentation of the project, workshop, objectives and works created

If several artistic activities have been carried out within the same community, a common performance can be envisaged to highlight the work of the participants: a dance in front of the fresco, the reading of texts (related to the paintings or not), etc.



This step proved to be fundamental for valuing the work of the workshop members and also for broadening the impact of the project. It is also an opportunity to provide information on gender-based violence and telephone numbers for victims.



To reach as many people as possible, a good communication of the event will have to be considered by the organization.



Evaluation

A quick test during the first session of the workshop and during the last session is carried out on themes related to violence to check the good acquisition of knowledge by the participants. The last session is also an opportunity to collect the opinions of the participants on the whole workshop.



Necessary equipment



A room allowing the projection of images



An outdoor space nearby to practice photography



Several cameras or mobile phones of good quality (photos will be published later)



A video projector and a computer





Resources to go further

- Sontag, S. (2001). On photography (Vol. 48). Macmillan.
- René S. and Spears, E. (2009). Incorporating Photography as a Therapeutic Tool in Counseling. *Journal of Creativity in Mental Health*, 4(1), 3-16.

*For more resources,
scan this QR code.*



Founded in 1993, Médecins du Monde Switzerland is a medical association of solidarity active in several countries around the world, including Switzerland. In 2022, MdM Switzerland undertook experience capitalization work on violence prevention workshops through art implemented since 2016 in Benin, Cameroon and Mexico. Similar Method'art sheets on photography, theatre, puppetry, writing/slam, and painting are available at:

<https://medecinsdumonde.ch/news/atelier-prevenir-la-violence-a-travers-art>

For more information on Médecins du Monde.
www.medecinsdumonde.ch

**FEDERATION
VAUDOISE
COOPERATION**



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To share your experience with us,
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