a) Title: “Picturing Health: A Community-Based Participatory Action Project with Preadolescent Girls in an Urban Underserved Program”

b) Key words: preadolescence, girls, violence prevention, participatory action research, community-based participatory research, Photovoice

c) Learning objectives:
   • To explore the challenges of implementing community-based secondary violence prevention with pre-adolescent females.
   • To explore opportunities for a pediatrician’s consultative role in community-based youth organizations
   • To gain practical experience in community-based program planning and evaluation

d) Project objectives:
   • To engage participants in the identification of community level influences on their health and safety
   • To identify priority topics for future violence prevention and health promotion programming
   • To facilitate opportunities for youth-centered community health advocacy and action

e) Activities:
   • **PhotoVoice Project:**
     - Basic photography-skills training
     - Field trips to local newspaper agency, photo exhibit
     - Discussions on safety and ethics in photojournalism
     - Supervised community photo-shoots to capture positive and negative influences on health and safety
     - Reflective caption-writing exercises to identify priority areas for education and future action
   • **Curriculum:** Ten-week workshop series based on themes identified through PhotoVoice
   • **Photo Exhibits:** To showcase youth work and inform wider community and policymakers about local health-related issues
     - Zeum: San Francisco’s Children’s Museum
     - San Francisco Main Public Library
   • **Youth-initiated Community Action Project(s):** Designed and implemented by participants to apply newly acquired knowledge and skills
     - Peer-led violence prevention workshop
     - Revitalization of local community garden
     - Fashion show focusing on self-esteem and “real beauty”

f) Outcomes:
PLUGS LEGACY REPORT
Lisa Meneses

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<thead>
<tr>
<th>Presentations</th>
<th>Publications</th>
<th>Handouts/Tools</th>
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<tr>
<td>• Poster Presentation, APA Region IX/X CARE Conference, Monterey, CA, Jan 2010</td>
<td>• Submission to CA Pediatrician</td>
<td>• Photovoice protocol</td>
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<tr>
<td>• Platform Presentation, Advocacy/Underserved SIG, Pediatric Academic Societies Annual Meeting, Vancouver, BC, May 2010</td>
<td>• Submission to Pediatrics in Review Community Pediatrics</td>
<td>• &quot;Ten Tips for Growing a Healthy Girl&quot; handout</td>
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<tr>
<td>• Poster Presentation, Pathways to Discovery Annual Symposium, UCSF, May 2010</td>
<td>• Highlighted in UCSF Pediatric Dept Newsletter</td>
<td>• Health Curriculum Topics/Activities/Websites grid</td>
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<tr>
<td>• PLUS Grand Rounds, SFGH, June 2010</td>
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<td>• Bullying workshop (PPT)</td>
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<td>• Pre-Post Surveys</td>
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g) Lessons in Implementation (what did you learn in the process of your work?):
   • Preadolescence as key opportunity for intervention for prevention risky behaviors
   • Tremendous flexibility required in working with communities in real-time facing real-life challenges (conflict of timelines, priorities, etc.)
   • Busy pediatricians can play a valuable role as physician-consultant in community-based youth programs
   • Importance of cultural humility, initial trust-building and maintaining collaborative relationship in community engagement

h) Potential future projects:
   • Designing/implementing further workshops/activities/action projects addressing specific health/safety issues already identified through Photovoice project
   • Additional Photovoice projects: access to physical activity, teen pregnancy, motherhood
   • Youth legislative advocacy training with Coleman Advocates for Youth, SF Youth Commission

i) Resources:
   • Boys and Girls Clubs of SF
     - Erin Gutierrez, Program Manager, Boys & Girls Club of SF, Sunnydale Clubhouse
     - Tavi Baker, Citywide Director of Health & Fitness, Boys & Girls Clubs of SF
   • Zeum: San Francisco Children’s Museum
     - Irina Zadov, Director of Experience and Programs, Zeum
   • San Francisco Chronicle
     - Jill Tucker, Staff Writer (interested in youth violence impact on education)
     - Lucy Atkins, Staff Photographer
   • SF Health Plan
     - Amy Dietz, Manager of Health Education & Cultural/ Linguistic Services