

PLUS LEGACY REPORT

Lisa Meneses

- 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:

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Presentations	Publications	Handouts/Tools
<ul style="list-style-type: none"> ▪ Poster Presentation, APA Region IX/X CARE Conference, Monterey, CA, Jan 2010 ▪ Platform Presentation, Advocacy/Underserved SIG, Pediatric Academic Societies Annual Meeting, Vancouver, BC, May 2010 ▪ Poster Presentation, Pathways to Discovery Annual Symposium, UCSF, May 2010 ▪ PLUS Grand Rounds, SFGH, June 2010 	<ul style="list-style-type: none"> ▪ Submission to CA Pediatrician ▪ Submission to Pediatrics in Review Community Pediatrics ▪ Highlighted in UCSF Pediatric Dept Newsletter 	<ul style="list-style-type: none"> ▪ Photovoice protocol ▪ “Ten Tips for Growing a Healthy Girl” handout ▪ Health Curriculum Topics/Activities/Websites grid ▪ Bullying workshop (PPT) ▪ Pre-Post Surveys <ul style="list-style-type: none"> - Health-related behaviors - Violence-related behaviors - Neighborhood connectedness

- 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