

Table X. Overview of *Picture This!* Sessions

Session No.	Topic and Activity	Objectives
1	Introduction to Physical Activity and <i>Picture This!</i>	<ul style="list-style-type: none">• Understand the importance of physical activity in their lives• Get to know others in the group• Understand their rights and responsibilities as a <i>Picture This!</i> participant• Understand the 3 phases of Photovoice• Discuss the “big issue” and come up with ideas for photos• Define the six step of <i>Picture This!</i>
2	Responsible use of the Camera	<ul style="list-style-type: none">• Discuss the responsibilities of being a photographer to their subjects• Practice using the Form G – Consent to be Photographed• Practice introducing themselves to prospective subjects (Workbook p. 13)• Understand and discuss Safety Guidelines (Workbook pp. 10-12)• Discuss the use of Form H – Photo Recording (Workbook p. 15)
3	Using Camera and Photography Skills	<ul style="list-style-type: none">• Learn how to handle the camera• Practice using the camera• Discuss creative process of taking photographs• Learn technical skills of photography
4	Photo Walking Tour	<ul style="list-style-type: none">• Conduct walking tours of the surrounding neighborhood of school or other community center• Observe and photograph “people, place and things” that answer questions about the “Big Issue”• Document observations, thoughts, and ideas using Form H: Photo Recording
5	Photo Sharing	<ul style="list-style-type: none">• Share the information from Form H: Photo Recording and photos with the troop• Discuss the photos selected from each team and come to consensus on a caption or narrative for the photo• Discuss ideas for other photos to take on next walking tour
6	Creating a Photo Essay	<ul style="list-style-type: none">• Develop commentary for selected photos for posters.• Discuss how students can share photos with community.
7	Taking Action	<ul style="list-style-type: none">• Plan the poster exhibit.• Mount the selected photographs on posters.• Discuss the commentary for photos with community stakeholders at retreat.