

## Photovoice & UMap Project

We are here to talk to you today about a Photovoice & UMap project that youth from the Family Resource Center's Project Youth Berlin Middle School Afterschool Program worked on here in Berlin, NH. Photovoice is a way of using pictures to tell a story; to tell your views on an issue. UMap is using maps to do the same. It provides the audience with a visual representation of how people see an issue and experience life, through their lens and their voice- through their lived experience.

We are one of 5 NH communities who were trained and are actively working on this Photovoice and UMap project with youth. Project Youth partnered with The Foundation for Healthy Communities/HEAL NH and their partner GP Red to move this project forward and help the effort in New Hampshire to look at and improve safe active play opportunities and access to the outdoor spaces in our community. The goal is to get a better understanding of how youth recreate, where they recreate, and how they access recreation. Most importantly, the goal of this project is to provide youth with a platform to use their voices, to tell us about the positive aspects of recreation in our community (such as the fields, playgrounds, basketball courts, and community gardens), and also the challenges they face when trying to access places to play and be active. What prevents them from being active? What keeps them from using the parks more? Do they have a place to recreate and be active? We sought to identify the great assets of our community as well as those areas where we can improve recreation in the community to make it easier to play and be active for our youth.

This has been a project guided by the NH Healthy People, Healthy Places Active Recreation Workgroup in partnership with GP RED and the National Park Service. Their goal is to improve access to recreation and places to play in communities across NH. The NH Healthy People, Healthy Places Active Recreation Workgroup is made up of many statewide and local recreation organizations including NH Recreation and Park Association, Adaptive Sprits Partners of the North Country, Colebrook Recreation Department, Lebanon Recreation and Parks Department, GP RED, National Park Service, Appalachian Mountain Club, UNH Department of Recreation Management and Policy, UNH Institute on Disability, Plymouth State University, NH Environmental Public Health Tracking Program at the State of NH Department of Public Health Services, and the Foundation for Healthy Communities.



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