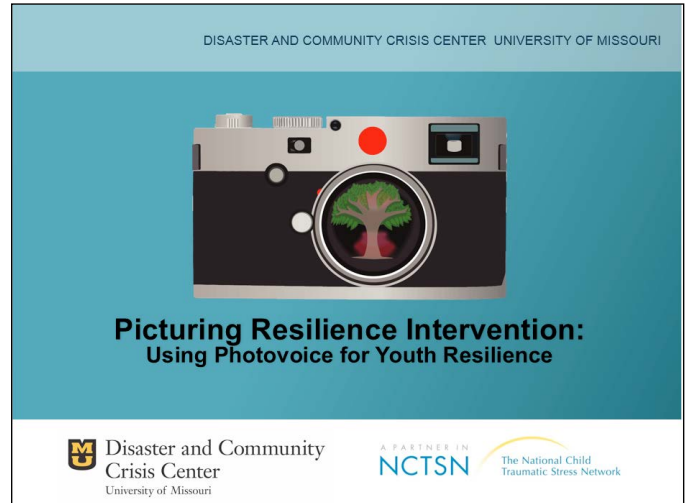


PowerPoint Presentation: Photography 101

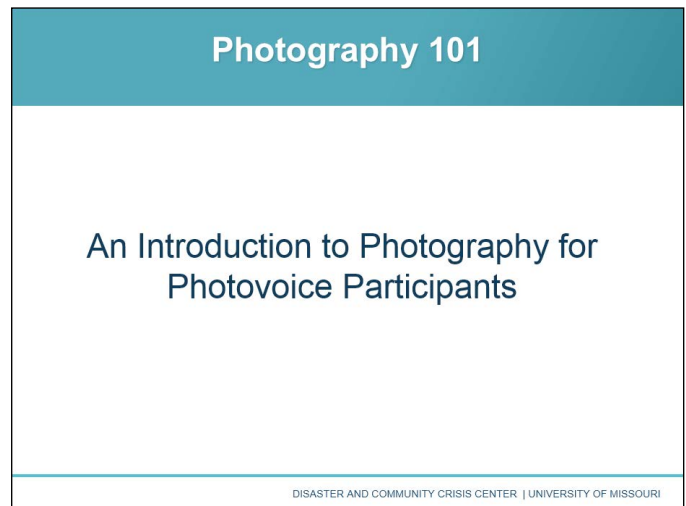
Introduce Photography 101 presentation to group members. Discuss expectations:

- Let the participants know that there will be a short presentation on photography.
- The facilitators' job is to teach some important photography concepts.
- The group members' job is to listen carefully, participate in group discussion, and ask any questions that they may have.



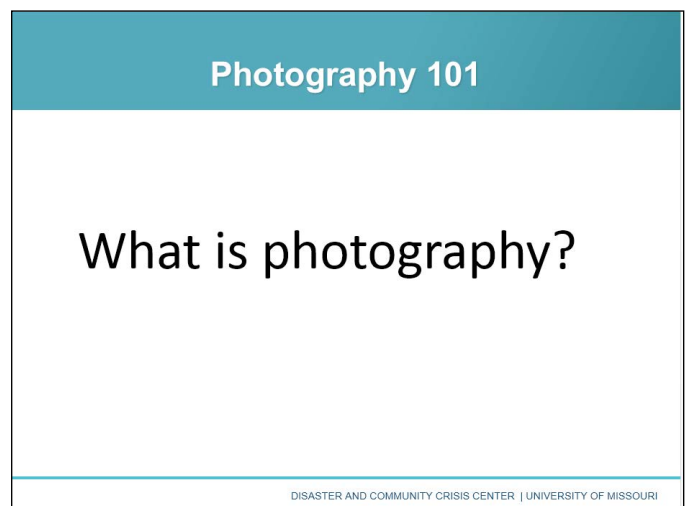
Explain the purpose of Photography 101 for Picturing Resilience participants:

- Learn basic photography skills.
- Review the different parts of the camera and their functions.
- Discuss helpful tips on how to hold a camera and take good photos.
- Learn skills to help group members communicate their thoughts and feelings through photography.



Define Photography:

- The art or practice of taking and processing photographs.
- Uses light to capture an image.
- Can be used to capture a moment, tell a story, or express a feeling.
- Photography has been around for almost 200 years.



PowerPoint Presentation: Photography 101 (continued)

** This slide features **digital** cameras; the next slide is for **disposable** cameras. Please refer to the slide(s) most appropriate for your group. **

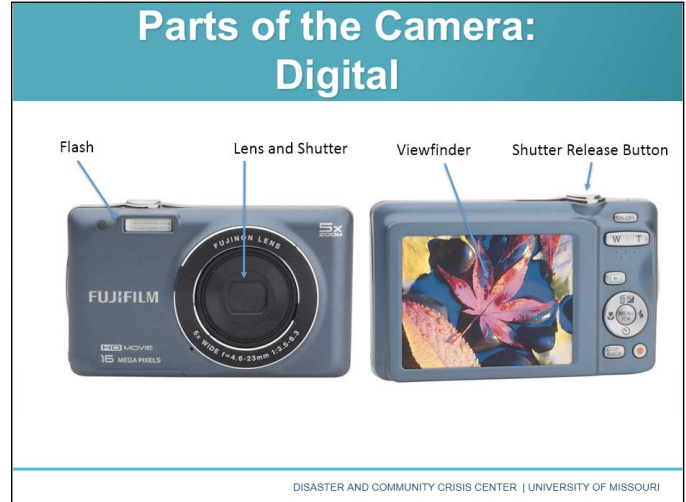
Explain all of the different **parts of a digital camera** and their functions.

Include the following:

- Screen (viewfinder)
- Battery and charger
- Memory card
- Flash
- Lens and shutter

In addition, make sure group members know how to:

- Turn camera on and off
- Charge the battery and check battery life
- Use the flash
- Preview photographs taken (playback button)
- Zoom in and out
- Use special settings such as special lighting, timer or rule of thirds option



Explain all of the different **parts of the disposable camera** and their functions.

Include the following:

- Flash
- Lens and Shutter
- Viewfinder
- Power switch

In addition, make sure group members know how to complete the following basic functions:

- Turn camera on and off
- Use flash
- Know how many pictures are left on the camera



PowerPoint Presentation: Photography 101 (continued)

Discuss the proper **physical stance** for taking good photographs and keeping your camera safe.

- *Both hands on camera*
- *Camera strap around wrist*
- *Legs shoulder-width apart*
- *Elbows close to your side*
- *Look through viewfinder to make sure your subject is visible and the camera isn't "leaning" to either side (see the "not so good" stance here to the left)*
- *Make sure nothing (like your finger or the camera cord) is blocking the view-finder!*

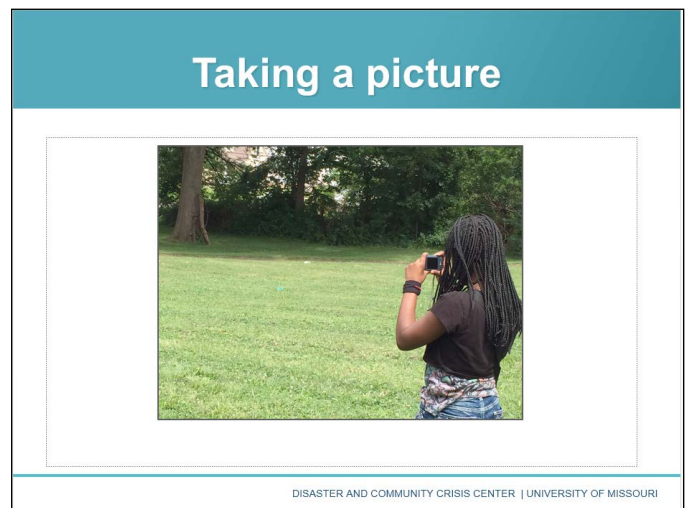


Give group members time to look at the two pictures on the slide and discuss what the photographer is doing right and wrong in each picture.

Once group members understand the basics about their equipment and how to hold their camera, they are ready to:

Review the basic steps of **taking a photograph**:

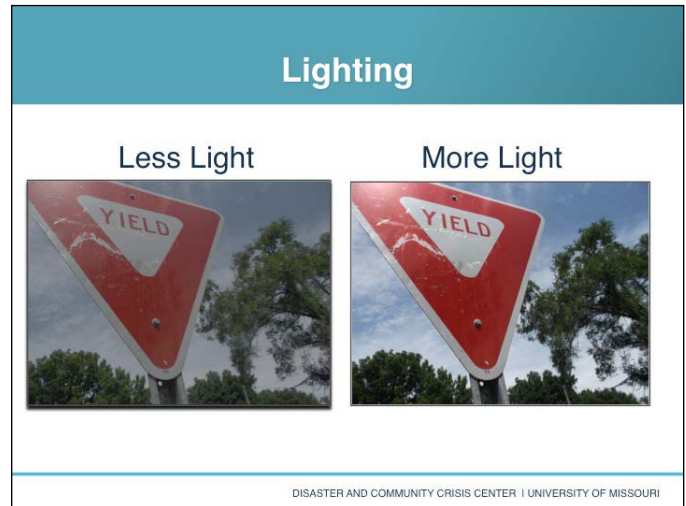
1. *Select a subject (focal point) for photograph.*
2. *If necessary, ask permission to take photograph.*
3. *Quickly scan surroundings and make sure you're in a safe place to take pictures (i.e. avoid traffic, etc.)*
4. *Determine if flash is needed.*
5. *Hold camera steady.*
6. *Look through viewfinder and line up subject.*
Depending on your camera, consider features like zoom and focus.
7. *Press shutter release to take photograph.*
8. *Consider taking more than one photo of your chosen subject (perhaps from multiple angles) so you'll have several options for the exhibit.*



PowerPoint Presentation: Photography 101 (continued)

Discuss the following **lighting** concepts:

- *Lighting is one of the most important things to consider when taking a picture.*
- *Without proper lighting, pictures will come out underexposed (looking too dark or “gloomy”) or overexposed (“washed out” or too bright).*
- *If the camera doesn’t have an automatic flash, the photographer must determine if flash is needed.*
- *Try to take pictures with the sun (or any other bright light) behind you. If a bright light is shining behind your subject, your subject may appear too dark.*
- *Lighting can also be an important feature in setting the mood for your photos.*



Introduce **framing** concepts to group participants:

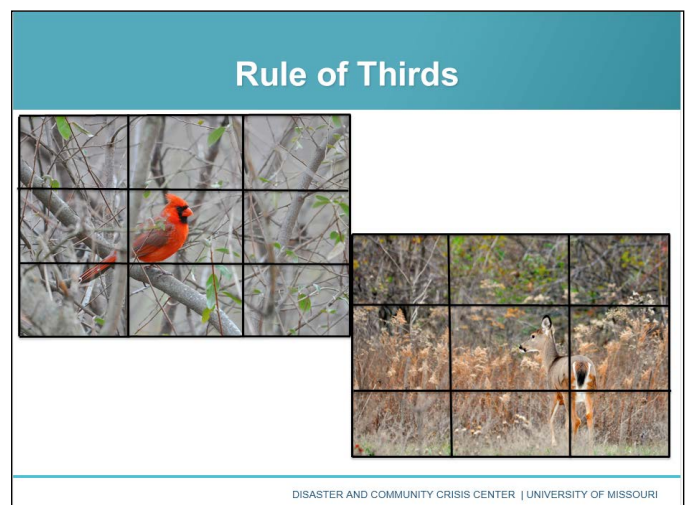
- *Framing is a special technique that uses objects in the environment to bring attention to your subject, as shown in these examples.*
- *Framing is not necessary- but can be a fun way to add visual interest to photographs.*
- *Use caution- if there is too much framing or if it is not centered correctly, it can be distracting to your viewers as they may notice the frame more than your subject.*

Ask group members if they can point to some naturally occurring frames within the room.



Explain the concept of the **Rule of Thirds** to group members.

- *Think of a photo as divided by a grid of two horizontal and two vertical lines, as shown in the pictures here. You’ll see that each picture can be divided into “thirds,” both vertically (top, middle and bottom) and horizontally (left, middle, and right). Rather than lining up your subject in the middle “thirds” of the frame, try to place your subject along one or more of these grid-lines.*
- *This changes the way the subject is viewed and where attention is focused.*
- *The rule of thirds is optional, but it can add some variation and visual interest in your photography.*

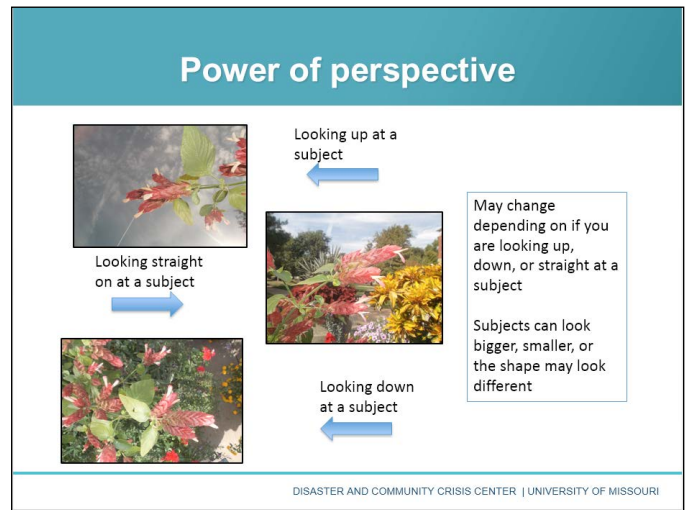


PowerPoint Presentation: Photography 101 (continued)

Ask group members to think about the **power of perspective**. How can the content, mood, and message change when a photo is taken from different angles?

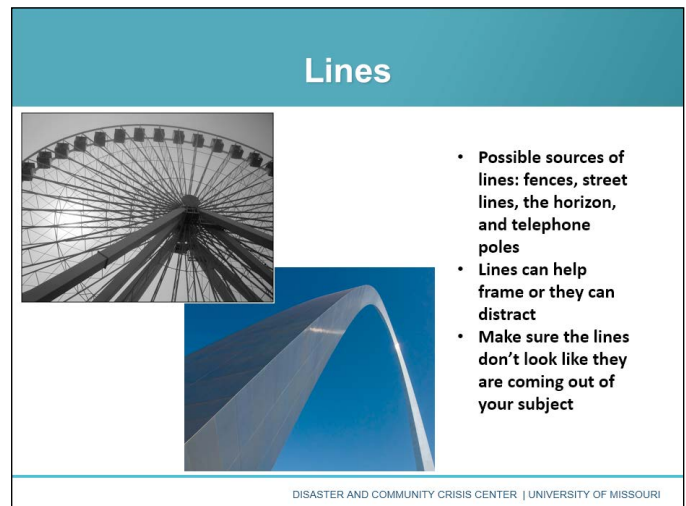
Discuss the following:

- *Perspective refers to how the camera is being pointed at the subject.*
- *Taking a photograph from different angles, distances, or directions with your camera can change the photograph completely, by altering the subject's apparent size, shape, or lighting, or changing what you want to highlight about the subject.*
- *You can experiment with taking photographs from different perspectives until you find a picture that you are happy with.*



Introduce the concept of **naturally occurring lines** in photography and how these can be used to enhance the visual interest of a photograph.

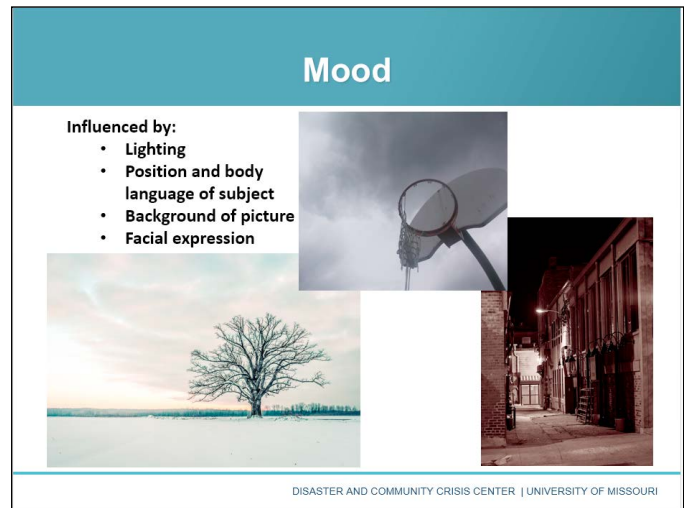
- *Ask group members to name some naturally occurring lines. Some examples could include:*
 - › *the horizon*
 - › *mountains*
 - › *telephone poles*
 - › *fences*
 - › *street lines*
- *Lines, if used appropriately, can help to lead the eye of the viewer to the subject of your picture or help frame your subject.*
- *Use caution: if there are too many lines, they can be distracting and lead the viewer's attention away from your subject.*



PowerPoint Presentation: Photography 101 (continued)

Define **mood** as it relates to photography.

- *The mood of the picture is the emotion or feeling the picture portrays.*
- *The mood of the picture can be:*
 - *happy*
 - *sad*
 - *lonely*
 - *fearful*
 - *excited*
- *Mood can be influenced by a number of different factors including:*
 - *lighting*
 - *position of subject*
 - *weather*
 - *background*
 - *facial expressions of a subject*

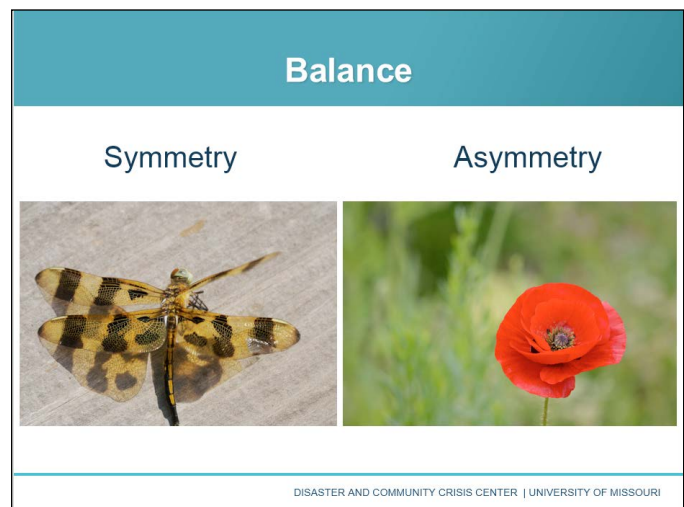


Consider the following questions for discussion points:

- *What are the moods or emotions that are displayed in these pictures?*
- *What is happening in these pictures to create a specific mood?*
- *What are some ways you can portray different moods in your photography?*

Explain the concept of **balance** to group members.

- *Symmetry and asymmetry are important concepts that relate to balance in photograph.*
- *Symmetry occurs when you can cut the picture in half and both sides would be the same (the dragonfly in the picture is symmetrical)*
- *Asymmetry occurs when this is not true and often both sides of the cut would be very different.*
- *In the picture of the red flower, the subject is asymmetrically aligned. The balance in the picture is created by the negative space to the left of the flower.*



PowerPoint Presentation: Photography 101 (continued)

Review the basic **photography concepts**.

Ask group members the following:

- How is the lighting?
- Is there framing?
- What is the subject?
- Does this photograph use the rule of thirds?
- What perspective is used?
- Are there any lines?
- What is the mood?
- Is it symmetrical or asymmetrical?"
- How else could you take the photo?

Remind group members about important topic of **safety, ethics and consent** discussed during Session 1.

Address the following with group members:

- *The more thoughtful you are before taking a picture, the happier you'll be with the photo and the message or story it tells. Take your time, and think it through!*
- *Don't be afraid to try different things with your camera. Be creative!*
- *No picture is worth getting hurt or making others upset, so remember SAFETY, ETHICS, and CONSENT for every photo you take.*

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