



# INTERNATIONAL CONFERENCE ON **STIGMA**

*Only Love Can Heal.*

[www.whocanyoutell.org](http://www.whocanyoutell.org)

The 13th Annual Howard University International Conference on Stigma (Nov 15-18, 2022) brings together researchers, community, academia, policy makers, faith leaders and youth to discuss the impact of health-related stigma and the ongoing research on interventions to eliminate stigma. It features plenary sessions, advocacy leadership training, scientific poster presentations, networking and art. This year's theme is "The Power of Peer Support: Breaking the Chains of Stigma Together."

## SPECIAL PROJECT INVITATION!

We invite you to create a digital "photo narrative" that will become part of an exhibit at the 2022 Conference, on the topic of **"Internalized Stigma + the Environment: How am I seen? How do I see myself? How do I want to be seen?"**

Internalized (self) stigma is when people absorb negative societal messages about certain personal identities or conditions into their thoughts about themselves, feeling badly about themselves as a result. It can be isolating and demoralizing; this project seeks to break the silence on people's experiences and honor their resilience.

Identities and conditions that frequently face stigmatization include: HIV status, homelessness, race, ethnicity and cultural background, gender, dis/ability status, mental health concerns, sexual orientation, substance use, physical health conditions, religion, language, social class, immigrant status, neurodiversity, criminal justice involvement, age, political beliefs, relationship status, among others.

We all live many identities at the same time, and we navigate the complexities of how we see ourselves, how others see us, and how we wish to be seen by others. All of these – including internalized stigma – are shaped by our social and physical environments.

Photo voice is an art and activism method for expressing those complexities and communicating your views to others. In a photo voice project, a person takes one or more photos that express something important to them about the project theme. They then write a caption (a few words up to a paragraph) expressing the photo's significance or the point they want to convey. The combination of photo and caption is called a photo-narrative.

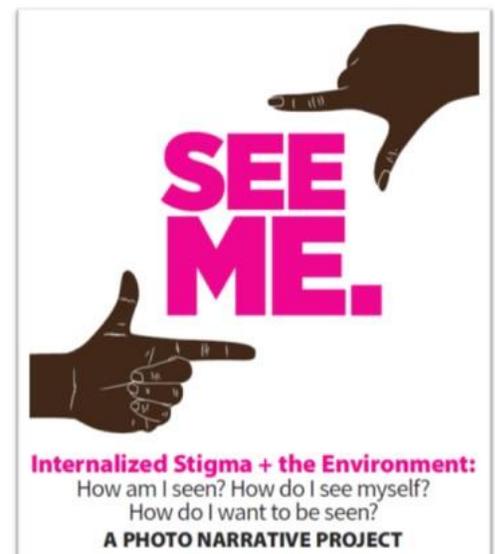
### Interested? Details and directions below!

1. Each person may submit ONE photo-narrative: One digital photo accompanied by a caption or narrative no longer than 150 words
2. Images may be submitted in any common photo format (jpeg, png, tiff)
3. Submit your photo-narrative and complete the submission form via our Google form located here:

[Photo Narrative Submission Form](#)

4. Your photo-narrative and completed submission information must be submitted by midnight U.S. eastern time on Monday October 3, 2022.

Questions? See our FAQ below or contact: [ALuckste@som.umaryland.edu](mailto:ALuckste@som.umaryland.edu)



## Frequently Asked Question:

### A. What kind of picture should I take?

- Think about what point or part of your experience you want to convey first, and then consider what image could convey that. Use your imagination and creativity.
- Think about what the project theme means to you and what image could convey part of that.
- You can take a photo during your usual day that tells part of your story, compose an image that conveys a metaphor for an important idea related to the project's theme. You can also put objects together (on a table, outside, wherever) to create an image expressing something important to you about the theme.
- It could be a place, object(s), a person or interaction, a metaphorical image or a moment in time that communicates your experience with some aspect of the project theme.

### B. What is the project's theme again? What should we base our submission on?

- "Internalized Stigma + the Environment: How am I seen? How do I see myself? How do I want to be seen?"

### C. Where can I take my photo?

- At home, in public, at work, any place that has meaning to you and where others present are ok with your taking a photo and

### D. Can my photo include people?

- Yes as long as all identifiable people know what the image will be used for and give their permission
- When you submit your photo-narrative you'll be asked to attest that this is the case
- If your image includes unrecognizable people at a distance you do not need their permission

### E. What should my caption include – the "narrative" part of my photo-narrative?

- It should express what you think is important about how the image relates to the project theme
- It should convey something about your experience or views of the project theme
- It can be short or long, up to 150 words maximum.

### F. Where can I find examples of photo-narratives for inspiration?

- an internet search of "photo voice examples" will give you many
- but don't let your creativity and expression be defined by the examples you find.

### G. What will happen after I submit my photo-narrative?

- By submitting your photo-narrative you are donating it to this project and agreeing that it can be included in the digital exhibit if chosen, including that a copy of the exhibit will be sent to all submitters.
- Our committee will review each photo-narrative submitted and may reach out to you with questions if needed.
- Selected photo-narrative submissions will be included in a display at the conference. The committee's decisions will be final.
- We will notify you via email by November 10, 2022 whether your submission will be part of the exhibit.
- Everyone who submits a photo-narrative will be (a) invited to attend the conference session where the display shown and discussed, and (b) will receive an electronic copy of the final compiled exhibit of photo-narratives

