



# 1 | Toolkit Overview

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## *Creative Expression*

### AT A GLANCE

This toolkit offers tips, techniques and ideas for engaging young people in a process of reflection on their life and career aspirations by hands-on creative engagement and expression. Participatory photography and zine making are used to create a space for reflexivity, sharing and exchange intended to generate awareness around present conditions and existing gaps and needs for making aspirations achievable. Who is this workshop for?

This workshop-based experience addresses young people in transition: those aged typically 14 to their early 20s, still studying or having recently finished studies; equally, young people already working in temporary positions who are still unsure about their future occupations. Some of these young people share a preoccupation with having to take firm decisions about their future careers; others have decided, however they feel uncertain of future steps; those already working might be questioning whether the occupation they are professing is the right one for them. This workshop is meant to offer young people a safe space for sense-making and deep reflection while being inspired by peers and supported by expert facilitators. Who can offer this workshop and why?

This is a practice-based creative research methodology that can be adopted equally by researchers and practitioners working with young people in areas ranging from education, career development, social work and communication for social change. **As a research tool**, the kit incorporates a practice-based approach, where workshops are used to generate rich, reflective data about young people's aspirations. The recommended template for the aspirations zine is theory-informed and tested in practice to offer data around critical components of aspirations and influencing factors. **As a practice tool**, the toolkit is intended primarily to benefit young people by enhanced reflexivity and awareness around their aspirations; and supporting organisations who can get a clearer understanding of needs and wants.

### SEQUENCE

The recommended workshop sequence includes:

- A session on participatory photography that aims to cultivate visual and creative thinking applied abilities as a means for personal expression and reflection; as well as create personal visual materials for the subsequent workshop

- A zine making workshop where participants use visual imagery and custom-made templates to create their aspirations zines.

The two sessions can be offered during the same day or within one or two weeks from each other, during which time participants can use cameras to document spaces and people that are defining for their aspirations and the support networks available. The sequence can also be adapted, for example the participatory photography session can be skipped; instead young people can bring their own photographs from mobile phones and family archives, or use imagery from illustrated books and magazines in the zine-making workshop.