

YOUTH PHOTO VOICE EXHIBIT

EXPERIENCE YOUTH PERSPECTIVES ON BUILDING A HEALTHY COMMUNITY

Photo Voice is a project to amplify youth voice. The exhibit showcases community health in Lincoln. These youth photographers invite you to experience Lincoln through their eyes. Then take action to make Lincoln healthier for all residents.



**@ THE BAY
2005 Y STREET**

JUNE 4 | 5-8PM

This exhibit will also be viewable virtually at lancaster.unl.edu/wellconnectedcommunities





FOOD ACCESS

How does food access impact a community's health?



Food Access is built by neighbors & connections

In my neighborhood, there's a lot of churches and other people that donate a lot of food and helps a lot of kids. I feel like this exists, especially in this neighborhood, because they want to show that they're all together and connected - that they're there for each other.

Photo by: **Rozalin Barakat Murad**



The garden organizer thought of the idea of how she can bring students closer and more connected.

She made this garden access so that others are connected and she wanted to help students.

Unequal access to food at school:

There is A, B and C lunch and sometimes by C lunch the food is all gone or the fresh fruit and vegetables are all gone.

With the garden, students have access to produce now if they want it.

And the gardens are open-access, if you walk by then you can also get fresh vegetables - it doesn't have to be Lincoln High students. This gives others the opportunity for fresh vegetables as well.

I just want to say that the staff at the school or whichever teachers did this garden program really care about the students.

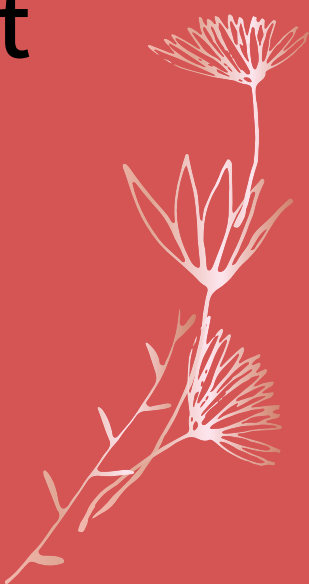


Photo by: **Rozalin Barakat Murad**



Photo by: **Rozalin Barakat Murad**

OUR SCHOOL CARED ENOUGH FOR THEIR STUDENTS THAT THEY WERE ABLE TO GIVE FREE LUNCH TO THEM.

Our school is able to treat every student the same and give opportunities to everyone equally.

Lunches are free and you don't have to be in a low-income family to have access to it since it's the COVID year. They care for their students and when you're inside your house then it's your parents responsibility, if you're in school, then it's the school that takes care of you. It's their responsibility now and that's why they give you the access to free lunch.

Opportunities to everyone



Photo by: **Naw Bue**

**THIS YEAR ALL STUDENTS
HAVE FREE ACCESS TO
BREAKFAST, AND MEALS**



A lot of students don't eat lunch or breakfast because their parents have to pay for it. I asked one of my friends why she didn't go get lunch and she said she doesn't have free lunch. So then she didn't eat, but this year she got breakfast and lunch because all students can go get it for free.

It is really helpful for people who don't have EBT, the food stamp card. Usually it's only people with EBT that got free access to lunch and breakfast, but now everybody can have food.

Breakfast is a really important meal of the day. When you get breakfast, you function better and throughout the day you won't be hungry.

I've been there, where I didn't eat breakfast and in school my stomach will growl the whole day and I can't focus and then my stomach hurts too. But when we have free breakfast at school then we function better at school too, and will not have to worry about being hungry.



"I wanted to say that also like make a student feel really, that a teacher really care about us since they're giving us like this opportunity to free food, free food access"



There are a lot of students that do not have access to healthy food

Food is in there it's in front of the counselor office. You can grab anything that you need from there. It's not only in like high school because my sister say it in college. 19:50:36 to healthy food access because some. You can grab them food there.

When students need food, they can just go and grab it there. If students get access to food then, when they're studying, or when they're in school, they can focus.

I WANT PEOPLE TO KNOW THAT THERE ARE PLACES - LIKE SCHOOL - WHERE YOU HAVE FREE ACCESS TO FOOD IN OUR COMMUNITIES AND HOW MUCH OF AN ASSET IT IS FOR US TO HAVE THOSE SCHOOLS



Photo by: **Naw Bue**

A SOLUTION TO AN
UNDERUTILIZED SERVICE

THERE ARE SOME STUDENTS WHO ONLY GET FOOD FROM SCHOOL

PEOPLE WHO SIT RIGHT IN FRONT OF THE COOLER, WHEN YOU
PASS BY, THEY WILL BE ASK,
"DO YOU WANT A FREE SANDWICH?"
BECAUSE SOMETIMES, EVEN THOUGH THE SIGN SAYS IT RIGHT
THERE, THERE ARE STILL STUDENTS WHO WON'T GO GET IT. SO
THEY CALL OUT AND THEN BRING THE STUDENT IN. IT IS
REALLY HELPFUL.

IN OUR COMMUNITY. THERE ARE
PLACES [SCHOOLS] WHERE WE
CAN GO GET FOOD.



Photo by: **Naw Bue**

Food brings people together



Photo by: **Rozalin Barakat Murad**

It was her last day with us but she brought us cupcakes. I felt very touched and it was so generous of her to get it for us. A lot of teachers and helpers that are able to give you this kind of gift. It's a special event. I was able to connect more with her.

When it comes to the end, and then you're like wow it's the last day, I thought this was going to be long. And then, it's just a moment where it's a fun memory to have. There are moments in your life where you might eat unhealthy food to have that moment of celebration

WITH FOOD YOU CAN HONOR THE RELATIONSHIP AND EACH OTHER'S PRESENCE

it's so refreshing to have the space to be outside. in school you're inside all the time and you don't really get to have fresh air.

it's a good thing to have this available to you during lunch.

In my home country, in Iraq, they wouldn't give you food in school, there was no food in school. Food helps me focus on school and not get a headache.

In this community they give people the space where you can relax. If you're having a bad day and feel stressed or maybe you have so many things on your mind, you can relax in an outdoor space.



Photo by: **Zikra Zandinan**

There's healthy food where you can find it. You can choose a healthy option.

And people want to have a place where kids can hang out and they have a place to eat at the same time.

Some people don't have time to make food because they're so busy this a way like they can access food.



Photos by: **Zikra Zandinan**



The power of social media for FOOD ACCESS

**SOCIAL MEDIA CAN
PROMOTE BUSINESSES.IT
HELPS SMALL BUSINESSES
GET THEIR PRODUCTS &
FOOD OUT THERE FOR THE
WORLD TO SEE**

I saw it on
Instagram, so we
went to it.

Food access during COVID: food delivery has helped, because like so many people had to deliver food because when we were in quarantine many people delivered food to their door since they couldn't go out to buy it for themselves or they didn't have the resources to cook their food at home.

Social Media is important because social media is such a big part of nowadays.

For food pantries, if you're not around, you don't really know about them. Neighborhoods could post about them and allow others to see them. It can make people more aware of them and get more people access to food.



Photo by: **Zikra Zandinan**

It's important to give students food in school. Sometimes their families can't afford a meal. So school is their access to food.

You can't focus in school if you don't have food. It's important to have like food during the day. It's your source of energy.

If you don't have that you don't have energy to do things.

Without it, there would be many students who would fail their classes or not take in the information that they learn inside the classroom.

Ideas to expound upon...



GRASSROOTS SOLUTION TO FOOD ACCESS

my sister & friend have been in a program at the Asian Community Center where everybody once a week or once a month will bring food to elders' houses. Because the elders cannot drive or come get the food so they bring them the food, which is really nice.



GRASSROOTS SOLUTION TO FOOD ACCESS

By Everett there is this community place and one summer when my sister was picked up from school they gave her free tomato and pepper plants. We planted them and then we got to eat the tomatoes and peppers.

It was really cool. We didn't even have to buy the plants.

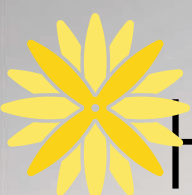


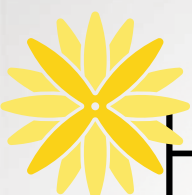
GRASSROOTS SOLUTION TO FOOD ACCESS

There is also a bus by Saratoga elementary that would give you a meal. You go inside the bus and they give you a meal; you can eat as much as you want. Sometimes you can take food home like if your family member couldn't make it to the bus that day. With COVID they started to hand out bags of food to take.

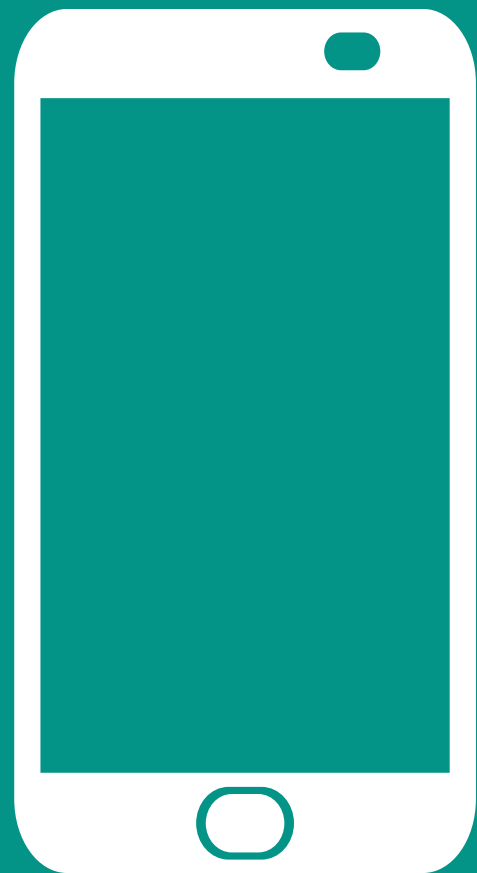
Food Access Reflection

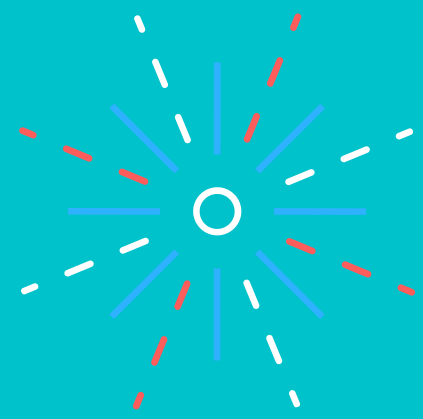
 Where is an important location to access food for these youth?

 How do the youth feel when neighbors, teachers & community members provide food access? _____

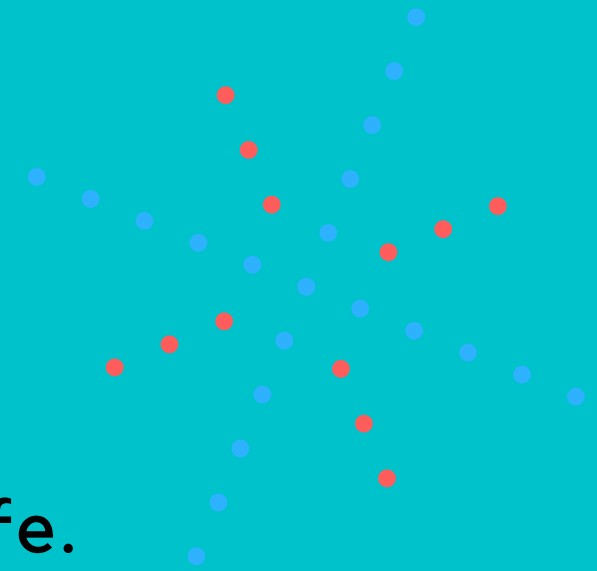
 How can we build upon the strength of school-based food access?

SOCIAL MEDIA & MENTAL HEALTH





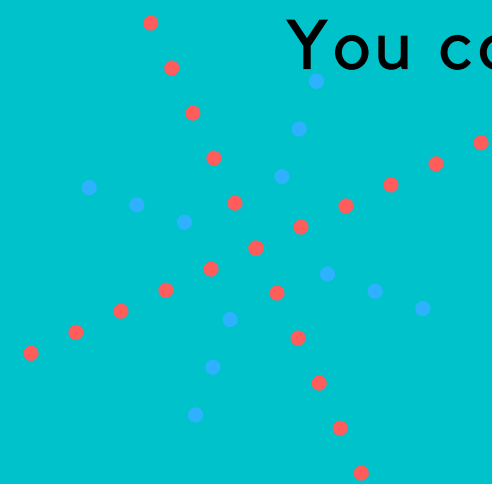
That trust is something that you
earn through connections with
other people.



Social media is different from like real life.
Connecting with people in person releases stress, social media does not.

*Trust is built in-person
(not on social media)*

I feel like trust is a really hard thing to do. Right now, I feel like it's
hard for me to trust people now because I'm scared that people will
hurt me.



You can't trust everyone you see, so you should be really careful
about trusting someone.

Trust must be earned.



-Dima Smoqy

SO MANY PEOPLE ARE IN THEIR OWN BUBBLES, THEY'RE NOT INTERACTING. THEY GET USED TO BEING IN THEIR OWN SPACE.

POP YOUR BUBBLE. LIFE IS SHORT. TALK WITH OTHERS.

You can make yourself happy and others by talking to them.

TAKE TIME FOR INTROSPECTION. MAKE SURE YOU KNOW WHO YOU ARE AND WHAT YOU BRING TO THE WORLD.



Photo by: **Zikra Zandinan**

Social media is not always bad, there is
a good side to everything, but

★ **SOCIAL MEDIA
KEEPS US KIND
OF ALONE**

social media is literally changing the way
we think about how we depend on or
connect to others.

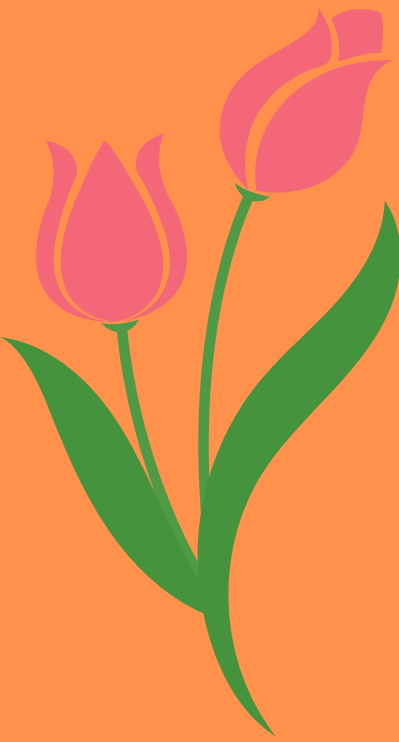


Photo by: **Zikra Zandinan**

social media has a big part, of our life, at the moment, because of the pandemic.

YOU CAN BE ALONE AND STILL BE CONNECTED THANKS TO SOCIAL MEDIA.

Social media is going to be part of you. It doesn't have to be negative.



Sunkin Gardens:

It's just refreshing.
I was like, "Wow, now this is helping me."
And everyone's welcome.



Photo by: **Rozalin Barakat Murad**

Social Media can be good for your health



Social media is a strength if you know how to use it wisely.

Social media can be a safe way to connect during COVID and a quick way to connect for help at school.

BUT I STILL WANT TO MEET PEOPLE FACE TO FACE IN PERSON BECAUSE THAT HELPS ME MENTALLY

Social Media can be bad for your health




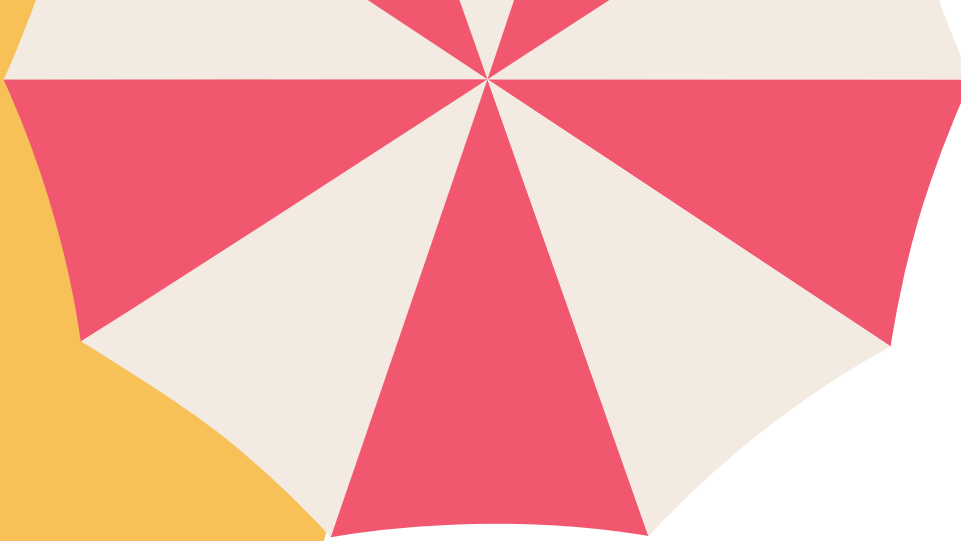
Social media can be addicting and make us lazy. Sometimes people won't even eat because they are on social media too much.

Youth need to enjoy their youth - not be on social media. It's OK for older youth, like high school because they can have more self-control with it.

SOCIAL MEDIA IS GOOD, BUT ONLY WITHIN LIMITS.



Photo by: **Naw Bue**



**WE'VE ABANDONED
OUR CHILDHOOD
PLAYGROUNDS AND
OUTDOORS FOR
TECHNOLOGY**



**TAKE THE GOOD OF SOCIAL MEDIA
AND THEN GO OUTSIDE AND PLAY!**



Photo by: **Zikra Zandinan**

**MENTAL
HEALTH
MATTERS**

**THE SIGNS AND
WALKING TRAILS EXIST
BECAUSE PEOPLE CARE
ABOUT OTHERS.**

**YOU DO NOT HAVE TO SIT HERE
AND BE SAD. YOU CAN MAKE A
DIFFERENT CHOICE.**

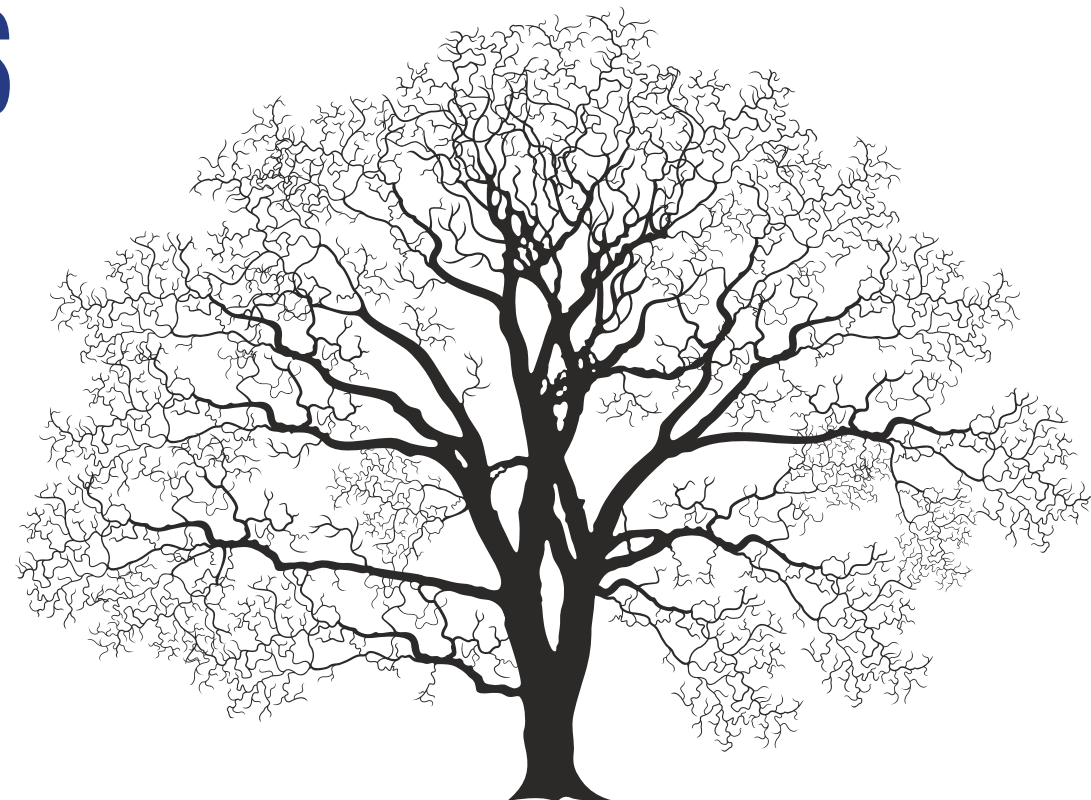


Photo by: **Rozalin Barakat Murad**

Self care.

The mall is kind of popular among teenagers and it's so stressful, especially during finals, such a stressful time so going to the mall during that kind of time is refreshing and stress relieving.



It can be scary sometimes to see empty places.

Photo by: **Zikra Zandinan**



SOCIAL MEDIA & MENTAL HEALTH REFLECTION

Is Social Media **Positive** or **Negative** or **both**?

What are two metaphors the youth used to describe social media?



How does social media impact health (and mental health)?

How does social media impact food access?

How can social media **positively** impact the health of our community?

Diversity

&

Respect

Two different guys, different races hanging out together very happy and just chill.

IF YOU DIDN'T HAVE RESPECT BETWEEN PEOPLE, THEN THERE WILL BE SO MUCH DEPRESSION AND JUST EMPTY SOULS IN THE WORLD.

AS WE HANG OUT WITH DIFFERENT PEOPLE WE KIND OF CREATE HAPPINESS WITHIN US.

NO MATTER THE RACE, EACH PERSON IS A PERSON - NOT THEIR STEREOTYPES.

A LOT OF TIMES AND WE CAN BE TREATED LIKE FRIENDS, LIKE YOU DON'T SEE THE RACE OF THE PERSON OTHERS MIGHT LIKE TO BE AN IDENTIFIED BY THEIR RACE. BUT MANY PEOPLE DON'T IDENTIFIED BY JUST THEIR RACE, THEY WANT THEIR OWN EXPERIENCES TO IDENTIFY THEMSELVES.



Photo by: **Nathan Gabel**

Lincoln High represents diversity. There are some schools like Christian or Catholic that are mostly white people. Public schools have a lot of diversity. Lincoln High provides opportunities to all students.

IF YOU ARE LIKE DIFFERENT FROM OTHERS IN ETHNICITY OR LANGUAGES: YOU ARE NOT ALONE IN THIS COMMUNITY. THERE ARE STILL PEOPLE OUT THERE THAT ARE LIKE SIMILAR TO YOU.

WITH DIVERSITY YOU LEARN BETTER.

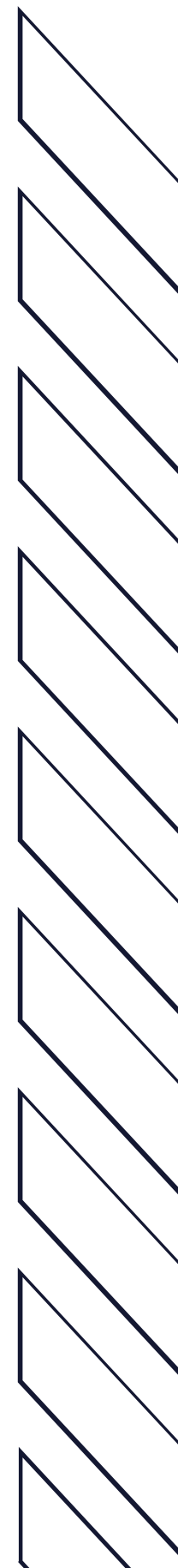


Photo by: **Naw Bue**



Lincoln high is such a diverse place, that everyone goes together. School can be a really big connection for us.

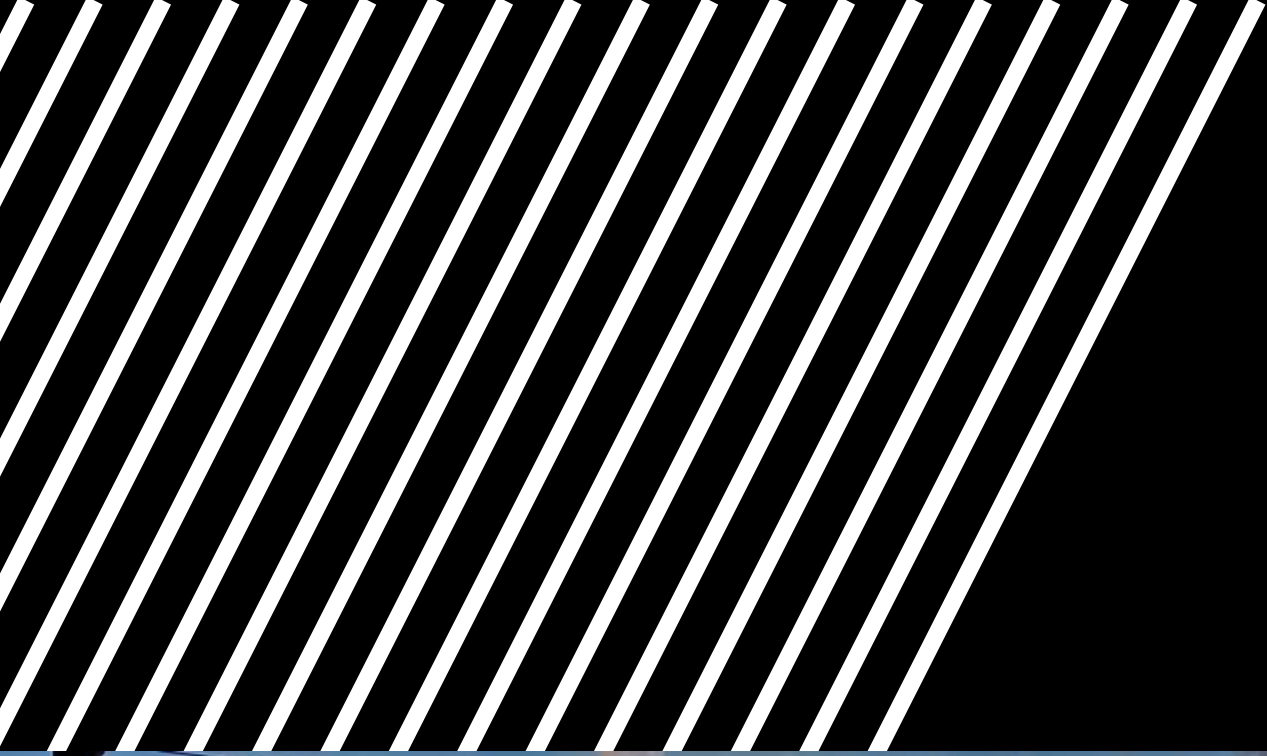


School can be a friendly place for you to express yourself, explain yourself, or have a connection.

In Iraq, there are only four hours of school, but here it's almost eight. So, we see our teachers more than we see our parents.



Photo by: **Sherivan Qizly**



**ALLOW OTHERS WITH
DIFFERENT
BACKGROUNDS AND
DIFFERENT ETHNICITY
TO BE IN YOUR LIFE.
DON'T BE AFRAID TO BE
IN A PLACE WHERE YOU
HAVE SO MANY
DIFFERENT PEOPLE**

PEOPLE MAKE COMMUNITIES INTERESTING



Photo by: **Zikra Zandinan**

“

Diversity is
beautiful
– like a
sunrise

”



xxxxxxx

DIVERSITY IS BEING ABLE TO EXPRESS YOURSELF

YOU SHOULD RESPECT YOURSELF.

Well, honestly, I haven't found my identity yet. I still don't know what I want to do. Who I am. But I'm trying to figure it out as I go.

I'm trying to figure out what I want for my future. Life is going too fast. I blinked and I was in America when I was eight years old and I just blinked again and I'm already in high school.

Just be who you are and don't copy other people because all my life I tried to be like other people and like, try to make myself like them so they can like me, but you shouldn't do that. Respect yourself and be your true to who you are.

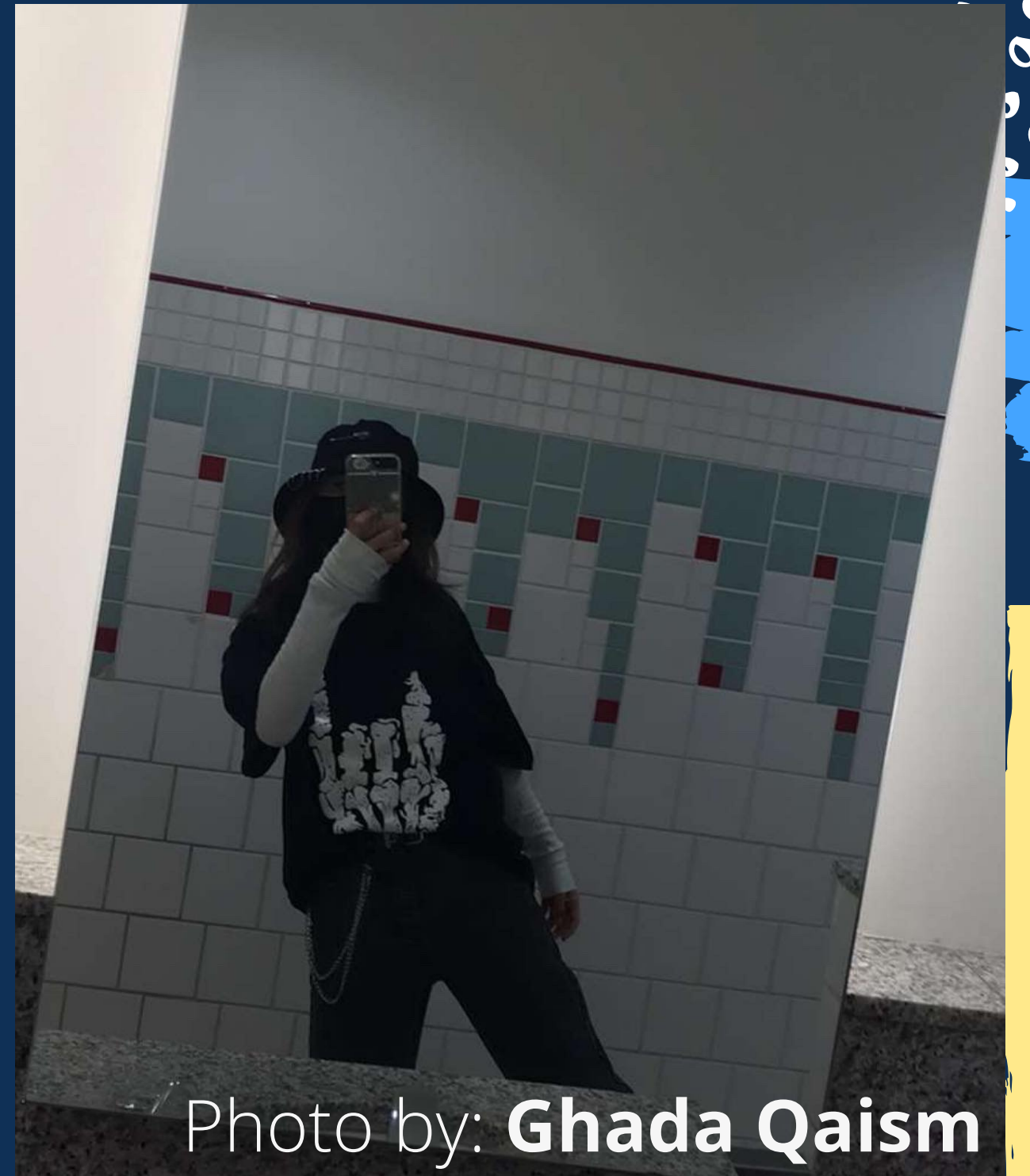


Photo by: **Ghada Qaism**

xxxxxxx



Photo by: **Ghada Qaism**

One little photo can bring back so many memories and it's just so amazing how you can take a photo. I'm amazed at what phones can do. We can connect with people across the world.

I don't have a good memory because of my past, so photos help me remember the good memories.

WE WANT TO SHARE OUR TRADITIONAL CULTURE FOOD WITH THE COMMUNITY.

THER ARE A LOT OF
DIFFERENT CULTURES AND
FOODS OUT THERE -- GO
OUT AND TRY IT.

IN LINCOLN, I FEEL SAFE
BECAUSE IT IS DIVERSE.



Photo by: **Naw Bue**

**RESPECTING THE
YOUNGEST
IN OUR
COMMUNITY**



**It is important for a
community to respect the
really young who can't care
for themselves. You don't
have to be connected by
family - you can still be there
for kids.**

Kids will respect you if you respect them.



Photo by: **Rozalin Barakat Murad**

THIS WEEK
MY SISTER
WAS BORN.



The birth of a child makes a community grow.

We can help each other raise children.

That will help the community become better.

Babies are so fragile and innocent and so trusting of us.



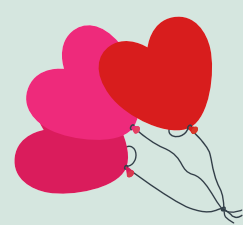
Diversity & Respect Reflection



- * How do these youth view diversity?
What did these youth articulate about what diversity does for our community?
- * How can we embrace our community's diversity to positively impact health?
How can we allow people who are different from us into our lives?

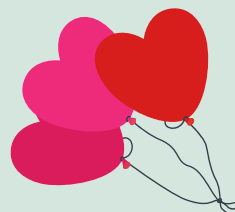
**FREEDOM,
SAFETY &
TRUST**





FREEDOM, TRUST, SAFETY.

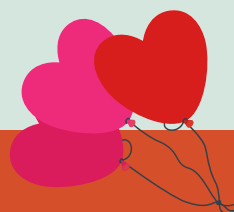
BETWEEN OLDER AND
YOUNGER PEOPLE



**FREEDOM – SHE IS IN THE AIR AND THEY’RE LIKE FREE FROM
EVERYTHING**

**TRUST – SHE TRUSTS ME AND IF SHE FALLS, SHE IS GOING TO
FALL IN MY HANDS.**

**SAFETY – SHE IS SAFE WITH ME. I’M THE ONE THROWING HER
IN THE AIR AND I WILL BE SURE TO CATCH HER BEFORE SHE
HITS THE GROUND**



CHILDREN TRUST US.



Photo by: **Rozalin Barakat Murad**

In Lincoln we have
places we can hang
out safely.

Lincoln has a lot of open
grass space. And people
take care of it, so we have
open spaces to gather in.



Photo by: **Naw Bue**



IF YOU'RE IN A COMMUNITY, YOU'RE CONNECTED TO EACH OTHER, YOU WOULDN'T BE WITH THAT PERSON IF YOU DIDN'T TRUST THAT PERSON.

TRUST IS PART OF BEING IN A COMMUNITY TOGETHER. YOU WOULDN'T WANT TO BE AROUND PEOPLE YOU DON'T TRUST.



WITHOUT TRUST THERE IS NO COMMUNITY. THERE HAS TO BE SOME LEVEL OF TRUST.

TRUST HAS CHANGED DURING COVID

JUST SEEING PEOPLE GETTING TOGETHER
AND GOLFING BROUGHT CHILLS AND JUST
A LOT OF GOOD BACK.

TRUSTING ONE ANOTHER TO COME
TOGETHER AND PLAY AS ONE.

PEOPLE WILL HAVE A CHANCE TO NOT BE
SO DEPRESSED BECAUSE THEY CAN BE
OUTSIDE. BEING OUTSIDE IS THE BEST
MEDICINE, SO PLAYING GOLF IS THE BEST
MEDICINE.

Photo by: **Nathan Gabel**

GLOBAL CITIZENSHIP

Getting vaccinated
will allow me to have
more trust with the
people I'm around

We want the world
to be better and
have better things
and with this
pandemic, no one
wants to see others
dying, so if they
have a solution for it,
of course they want
to share it around
and have other take
it.

+ taking the
vaccine is an
important
thing.



Photo by: **Rozalin Barakat Murad**

Safety Matters

For me, escaping the war or like the genocide in Iraq...the sky was...like here we always see clouds and blue sky, there we would only see smoke and hear guns shots and the sound of shot their guns.

Here you wake up in the morning and your hear the birds' sound and it's different and you feel safe hearing that and looking in a sky that's clear and it's enjoyable.

Here we know we are in a safe place. We can trust the people who are leading the city.

Waking up in the morning and seeing the beautiful weather, clear clouds and clear sky with blue color and you're not waking up with fear.

"You can wake up without fear" |

FOR US IN IRAQ, LITERALLY, AFTER THE WAR, WE WOULD WAKE UP AND WOULDN'T KNOW WHAT WAS GOING TO HAPPEN.

SHOULD WE GO OUTSIDE? WHAT IF WE'RE OUTSIDE AND SOMETHING HAPPENS AND WE'RE AWAY FROM OUR FAMILIES? WHAT IF SOMETHING BIG HAPPENS IN THE AREA WE'RE LIVING IN OR THE HOUSE WE'RE LIVING IN?

AND THEN WE CAN'T GO OUTSIDE BECAUSE WE CAN'T TRUST THE PEOPLE WHO ARE AROUND US OR IN THE AREA WE ARE IN.

Photo by: **Dima Smoqy**

THIS REPRESENTS MY FREEDOM.

Freedom is not just about people and humans being together and choosing who they want to be with. It's about places that they want to go to and it's their choice, their personal choice.

You don't have to be somewhere you're unhappy. You have the freedom to choose the place you want to live or be in and that will make you happy.

CHOICE IMPACTS OUR HEALTH. WE GET TO CHOOSE.



Photo by: **Dima Smoqy**

IN OUR COMMUNITY WE HAVE FREEDOM

We can go anywhere. There are a lot of places where we can take a walk or get fresh air and we will feel safe.

We trust that nothing bad will happen to us. We trust that the place is safe to go.

COMMUNITY WILL
ONLY BE
HEALTHY IF
PEOPLE FEEL
SAFE

We are all girls and it's getting dark and so we can't stay out after dark. We worry about our safety. Even though the place might be safe, but not everybody is safe. We have to worry about our safety too.



Photo by: **Naw Bue**

How do we build trust?
With food.

I have a tradition in my culture giving other people food when going over to their house, when visiting family, We don't have many Yazidi people around here, so we try our best to communicate with them. I feel like that's a good way to build connection.

We are Yazidis and we don't really have American friends. She's the closest one to our family. She always comes by.

We trust her.

If you have someone in your life who is not the same as you or of the same culture that's very important.

**IF THERE'S NO TRUST, THERE IS NO COMMUNITY.
IF THERE IS NO DIVERSITY, THERE IS NO COMMUNITY.**

**BUILD TRUST
BETWEEN
ADULTS AND YOUTH
AND PEOPLE OF
DIFFERENT CULTURES.**

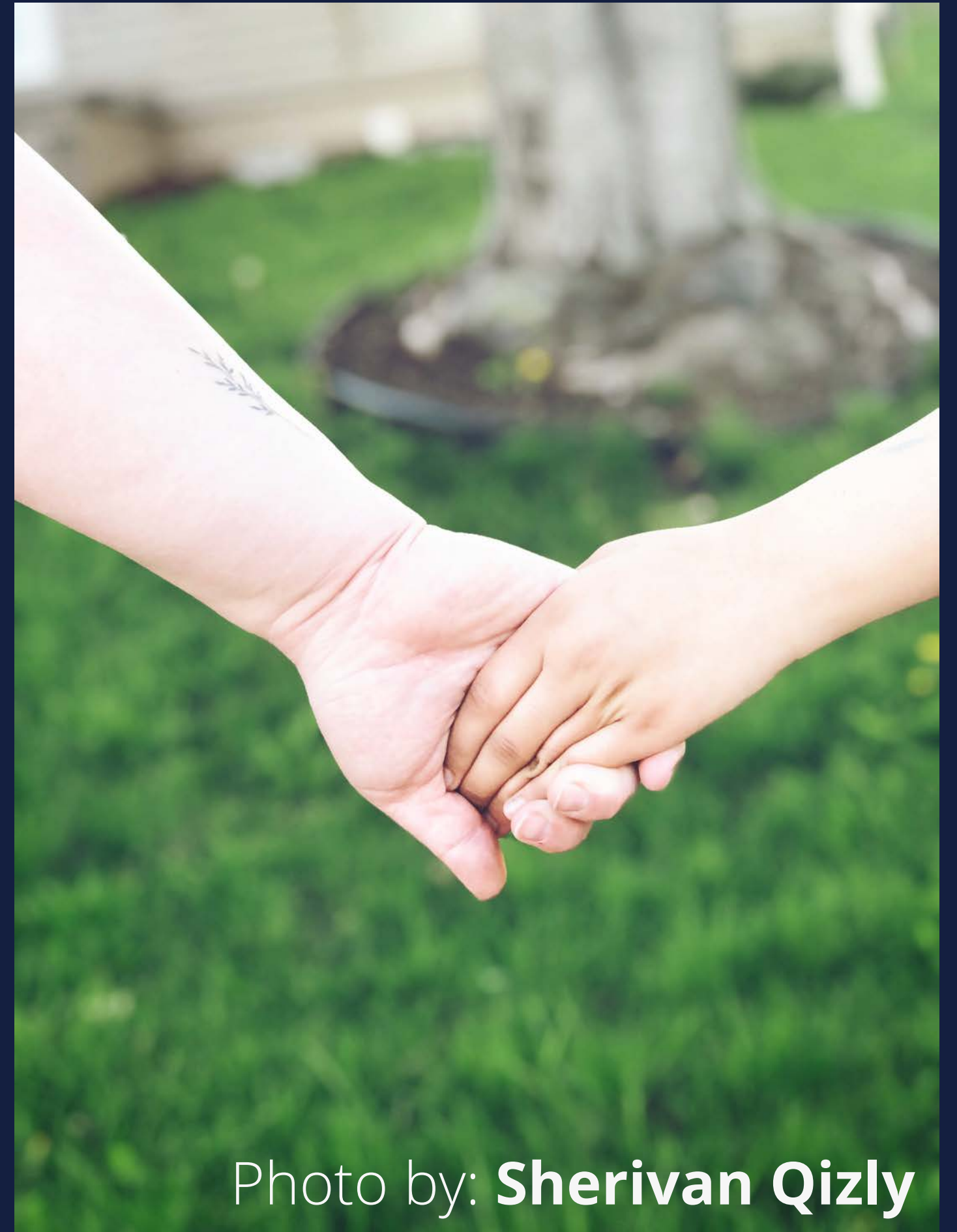


Photo by: **Sherivan Qizly**

Freedom

this after our holiday, so because of COVID we're alone on our holiday and it is way different. In Iraq, we would usually go to each other's houses and celebrate with families and close friends. But here we couldn't. So, we just went to the park and take some pictures and have a good day. It was fun.

We were actually alone there. People might have stared if they were there... people can see each other, "don't judge each other"

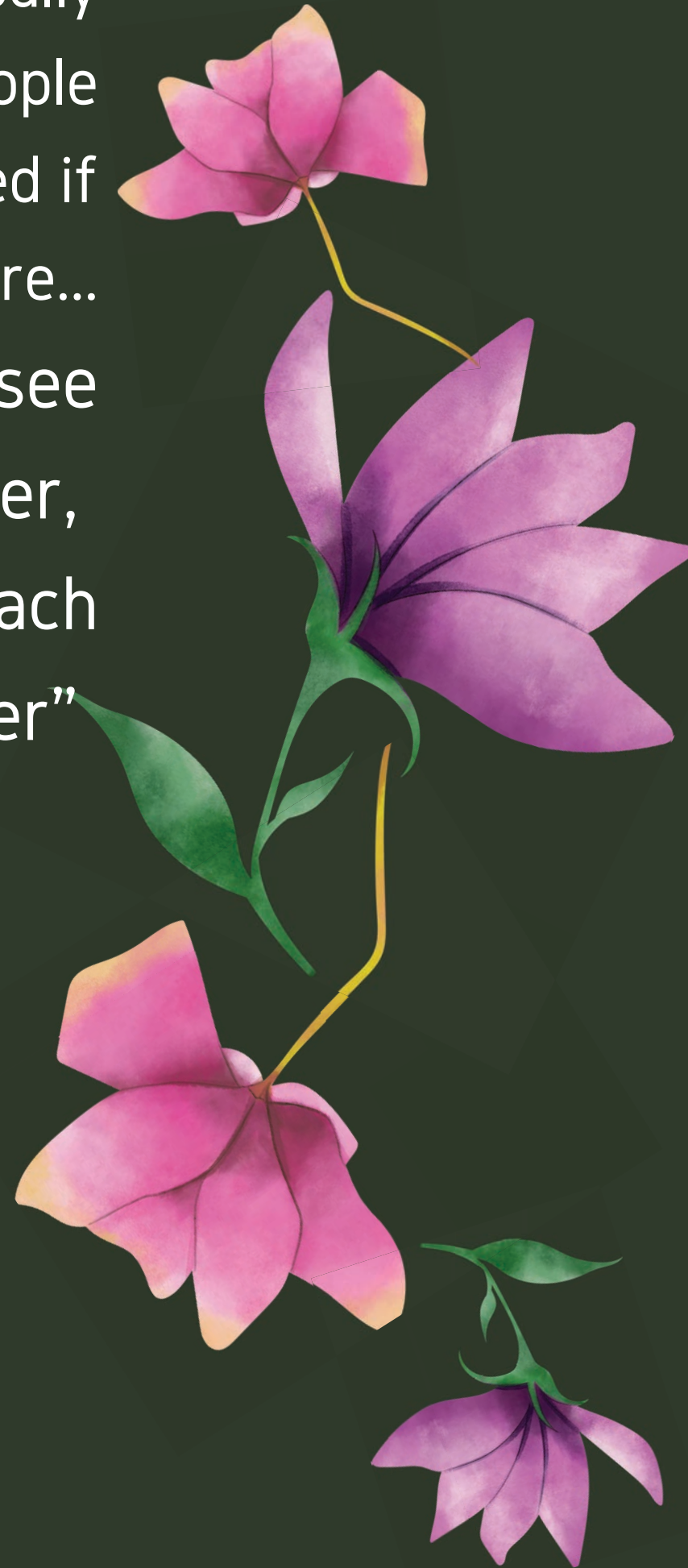


Photo by: **Sherivan Qizly**

I feel safe at school

LINCOLN HIGH IS AN
ELEMENT OF HEALTH
WITHIN THE COMMUNITY



Photo by: **Madleen Qasim**

TAKING CARE OF YOURSELF
IS SO IMPORTANT, BUT IF
YOU LOOK OUTSIDE OF YOUR
SHELL, TO TAKE CARE OF OR
BE RESPECTFUL TO OTHER
PEOPLE - THAT WOULD ALSO
BUILD A COMMUNITY, A
HEALTHY COMMUNITY.
BECAUSE IT'S NOT JUST
YOU. IT'S OTHER PEOPLE
AROUND YOU.



Photo by: **Sherivan Qizly**

FREEDOM, SAFETY & TRUST REFLECTION



How do some of these youth have unique perspectives on freedom, safety & trust?

How did freedom, safety & trust change during COVID?

what does freedom, safety & trust do for the health of our community?



**CONNECTION
&
TOGETHERNESS**

We all brought food from our different cultures...and American food was there too. There are four different cultures represented.

We all have like a hard day in our life, so we also needed a break. So, we just called our friends and got together.

Being together melts our stress away.

Which releases stress which is good for your health.



Photo by: **Naw Bue**

Being around people that you love and make you happy and doing the stuff that you love, brings out the best in you

Doing what we love helps us connect to and build-up others

"Because if you didn't have a strength then you would just be lollygagging around not helping people find their strengths or helping people find what they like in life."

But even in a long, hard day you're still happy. And you still like to just be around the work. Like even though the corner of the world has you down you still can make light out of it doing what you love.

Photo by: **Nathan Gabel**



Your first impression of someone might change once you know them and you understand them.

SINCE WE'RE IN AMERICA NOW. WE'RE NOT JUST KAREN PEOPLE OR YAZIDI PEOPLE OR JUST A CERTAIN TYPE OF PEOPLE. THERE IS MORE DIVERSITY - YOU CAN SEE IT IN THE PHOTO. AFTER COMING TO AMERICA WE ARE ALL CONNECTED

Connection of people in a healthy way gets you off all of your problems and just having fun.



Photo by: **Rozalin Barakat Murad**

even though people
surround themselves with
others, they still might feel
uncomfortable and left
out.

sometimes it's hard to
find the right words to
communicate.

sometimes you don't
know how to put your
emotions into words.

Because the U.S. has brought so many immigrants here, that's what makes it so strong. You can see the different people and their connections.

I JUST LOVE THEIR SMILES AND THEIR CONNECTION. ESPECIALLY WITH THEIR CLOTHES SINCE THEY'RE TRADITIONAL CLOTHES AND YOU DON'T REALLY SEE PEOPLE WITH THOSE KINDS OF CLOTHES. SO, IT SHOWS THE CONNECTION BETWEEN DIFFERENT CULTURES AND HAPPINESS

IN AMERICA YOU CAN SEE THAT THERE ARE DIFFERENT CULTURES. IF OTHER PEOPLE ARE ABLE TO WEAR THEIR TRADITIONAL CLOTHES, THEN I AM AS WELL AND SEE THE CONNECTION BETWEEN EACH OTHER

...encourage and inspire people that even when you're in a new place, you can still not forget about your culture and be your culture and live both lives.



Photo by: **Rozalin Barakat Murad**




Lincoln High has a Yazidi cultural program.

People from other schools would come and we all did presentations about Yazidi people. It was kind of sad to talk about, but we'd talk about what happened to them and encourage them to share the connection between them.

Yazidi people went through genocide and many of them lost their loved ones, but they still found a way to connect to other people and turn towards the same team.

When I came to the United states, I was thinking I would be alone and never connect to anyone, never share anything, never trust anyone. But as time goes on, you meet people, and you see there's hope and success in your life. And you can help others go through the hard moments and teach them how to heal their pain.





Each culture has different traditions and our traditions bring our cultures together and bring us together.

We can have that connection within our community.

You can share that culture with others who are outside of your community and have others join you with that fun.

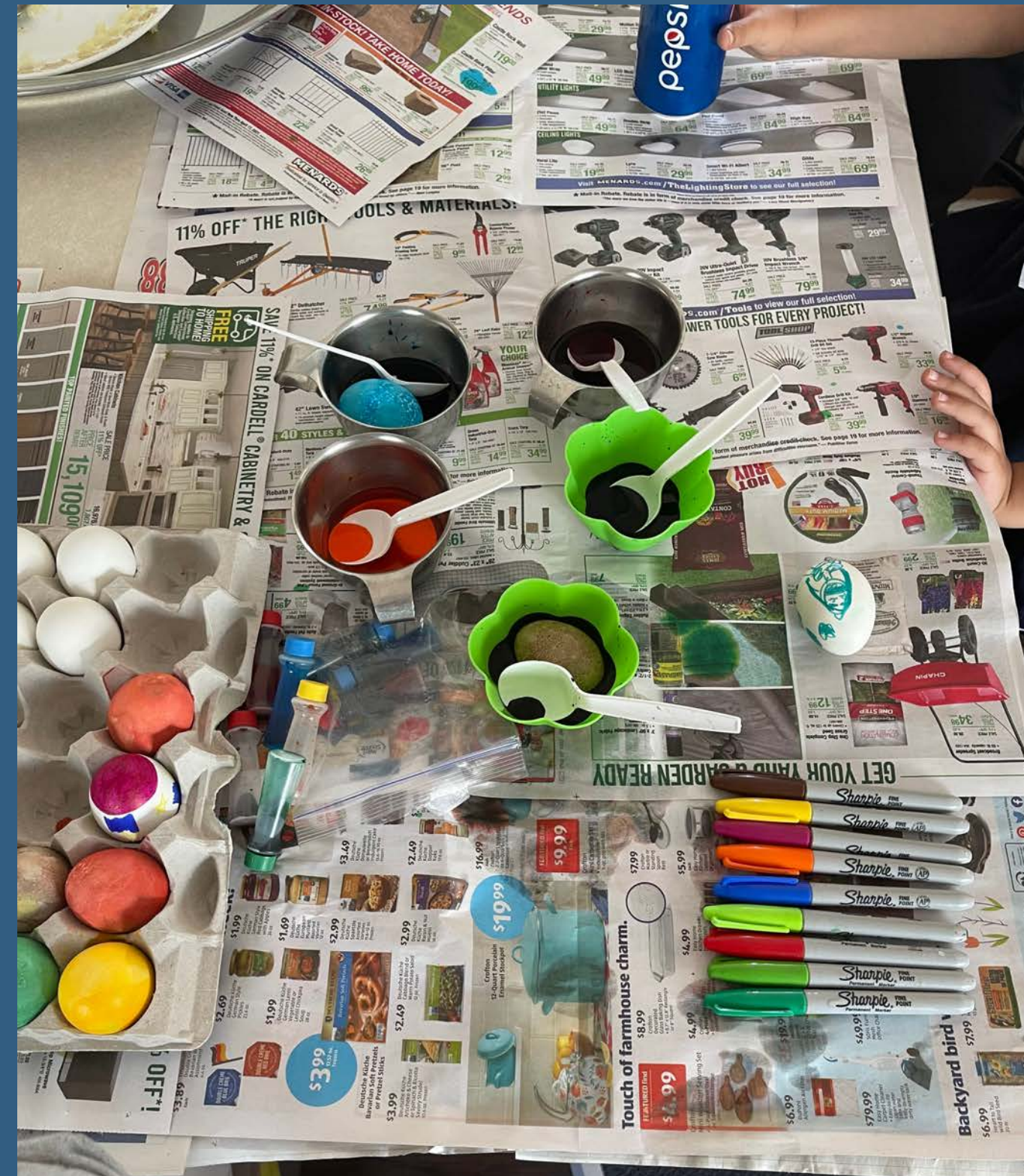


Photo by: **Zikra Zandinan**

Humans connecting with nature & each other.

Planting can help children come closer to their parents and connect more.

Since most of the time my dad works and then during the weekend, I have work so I can't spend time with him. We both like planting so that's something that connects us.

When you do something together you like remember it and your bonds get stronger.

This generation of youth do not usually spend a lot of time with their parents. If you have a good family connection, it is really good for your mental health too.

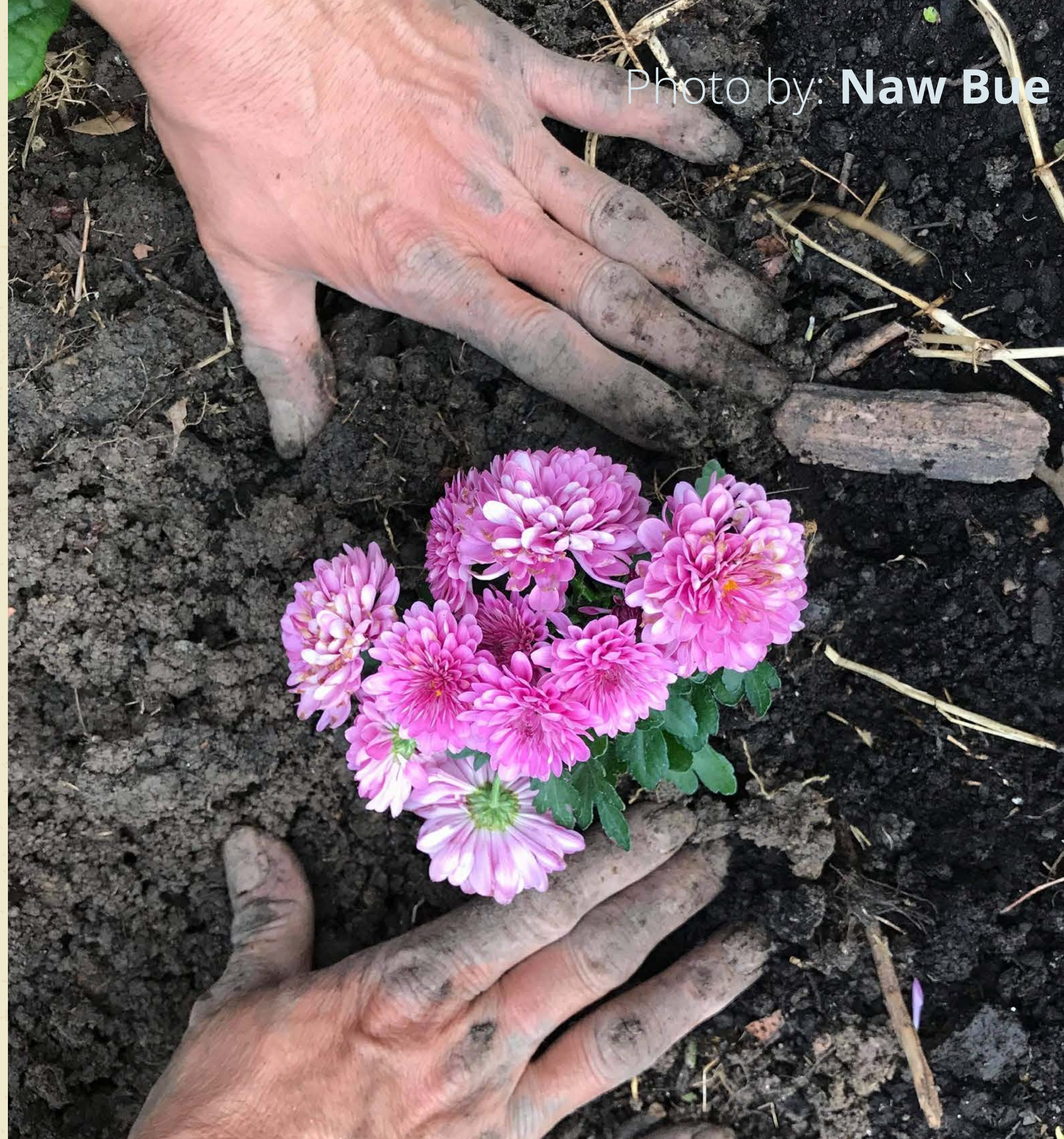


Photo by: **Naw Bue**



COVID helped us as kids and parents have more time together and build a better connection. As kids we would go from the morning to school until later in the evening then come home and not spend much time with our parents. They're busy too and so quarantine gave us time to spend with our parents to get a better connection. I got closer to my mom because we were spending so much time together. We got to cook together. She taught me a lot of things and we spent a lot of time together.

**IT IS IMPORTANT TO SPEND
TIME WITH YOUR PARENTS**




THIS PARK IS INCLUSIVE. FOR
DIVERSITY OF PEOPLE AND ABILITIES.

A PLACE AS
SIMPLE AS A
PLAYGROUND
CAN BRING
PEOPLE
TOGETHER.

*You don't have to know others
well and you can play with
them.*



Photo by: **Zikra Zandinan**



***I DIDN'T KNOW ANY OF THE
PEOPLE AROUND ME. I COULD
STILL MAKE CONNECTIONS WITH
PEOPLE I DIDN'T KNOW BY
SHARING DAYS AND FEELINGS.
IT TAKES TIME TO KNOW
PEOPLE, BUT IT'S NICE TO
MEET NEW PEOPLE.***



IT'S WORTH IT.

**TOGETHERNESS DOESN'T HAPPEN
WHEN YOU LOCK YOURSELF INTO
A SMALL OR LONELY PLACE. SO,
IT WOULD HELP YOU TO GO OUT
AND SEE OTHER PEOPLE AND TRY
TO CONNECT TO THEM BY MAKING
A CONNECTION FROM YOUR LIFE
TO -THEIR LIFE - WITH WHAT
THEY'RE DOING.**

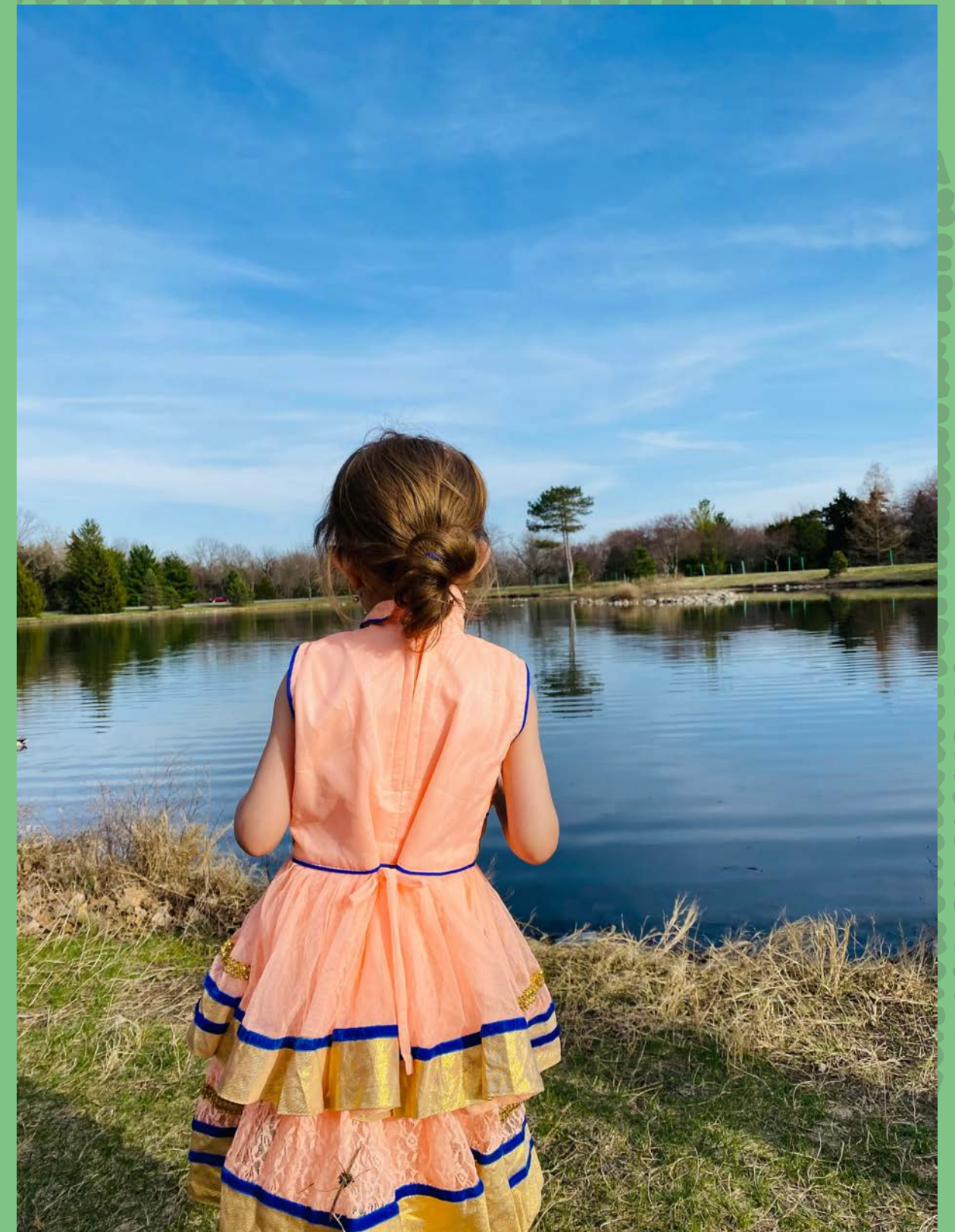


Photo by: **Dima Smoqy**

HUMANS NEED TO MAKE A
SHIFT TO SEE PEOPLE.
THEY CAN MAKE A CREATION OF
SOMETHING TO ENJOY AND
FIND HAPPINESS.



*During COVID, I tried to bring
something happy to mind instead of
focusing on just being at home and
not doing anything. I tried to not be
on a screen all day.*



*So, we went outside and connected
with the weather and nature.*



- Dima Smoqy

IF YOU WANT TO BE IN A HEALTHY COMMUNITY, YOU GO OUT WALKING. AND HAVING SOME FRESH AIR

You can see the connection
between people and nature.

...and encourage people to go outside and get some
fresh air even if they're hurting a little bit.

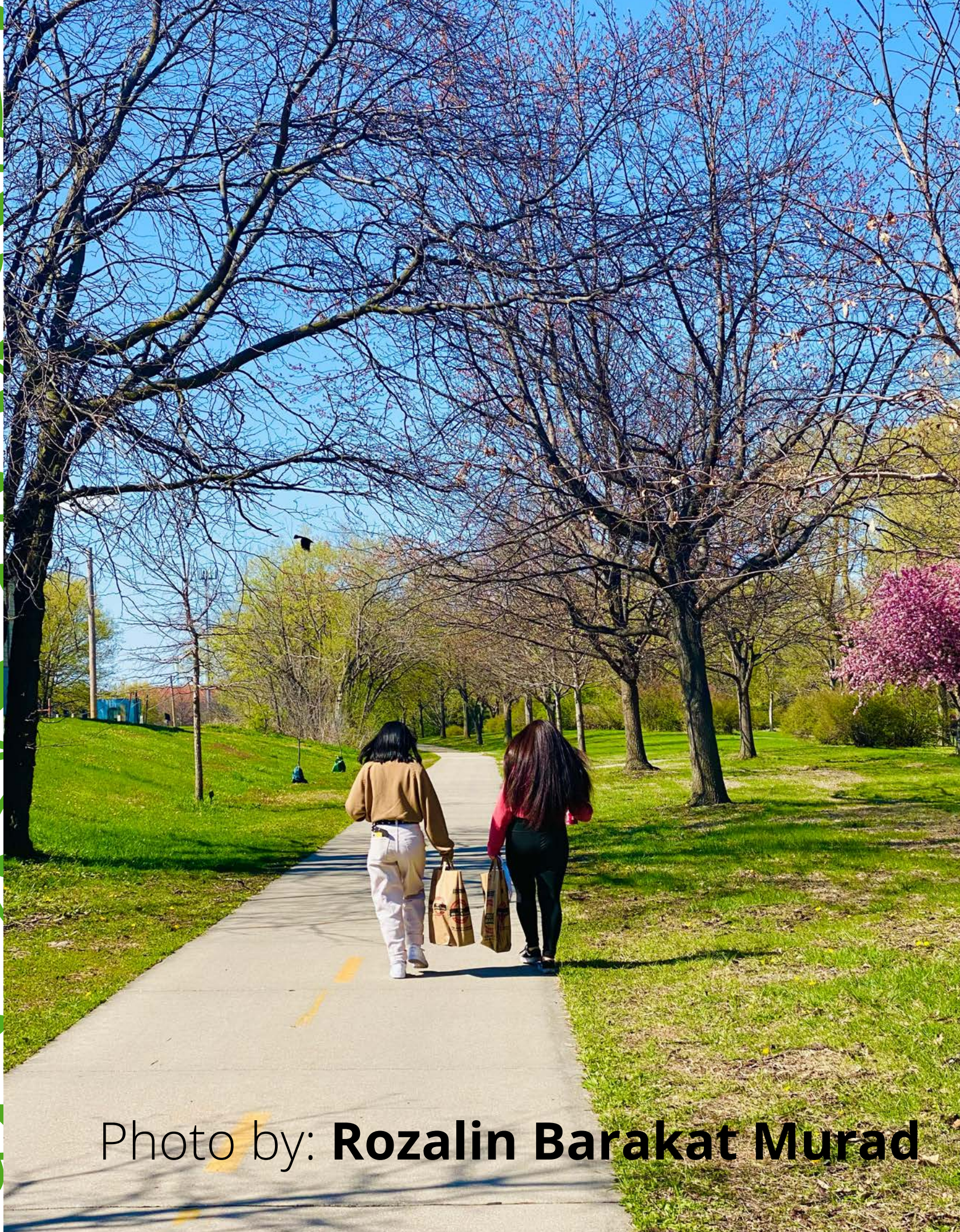
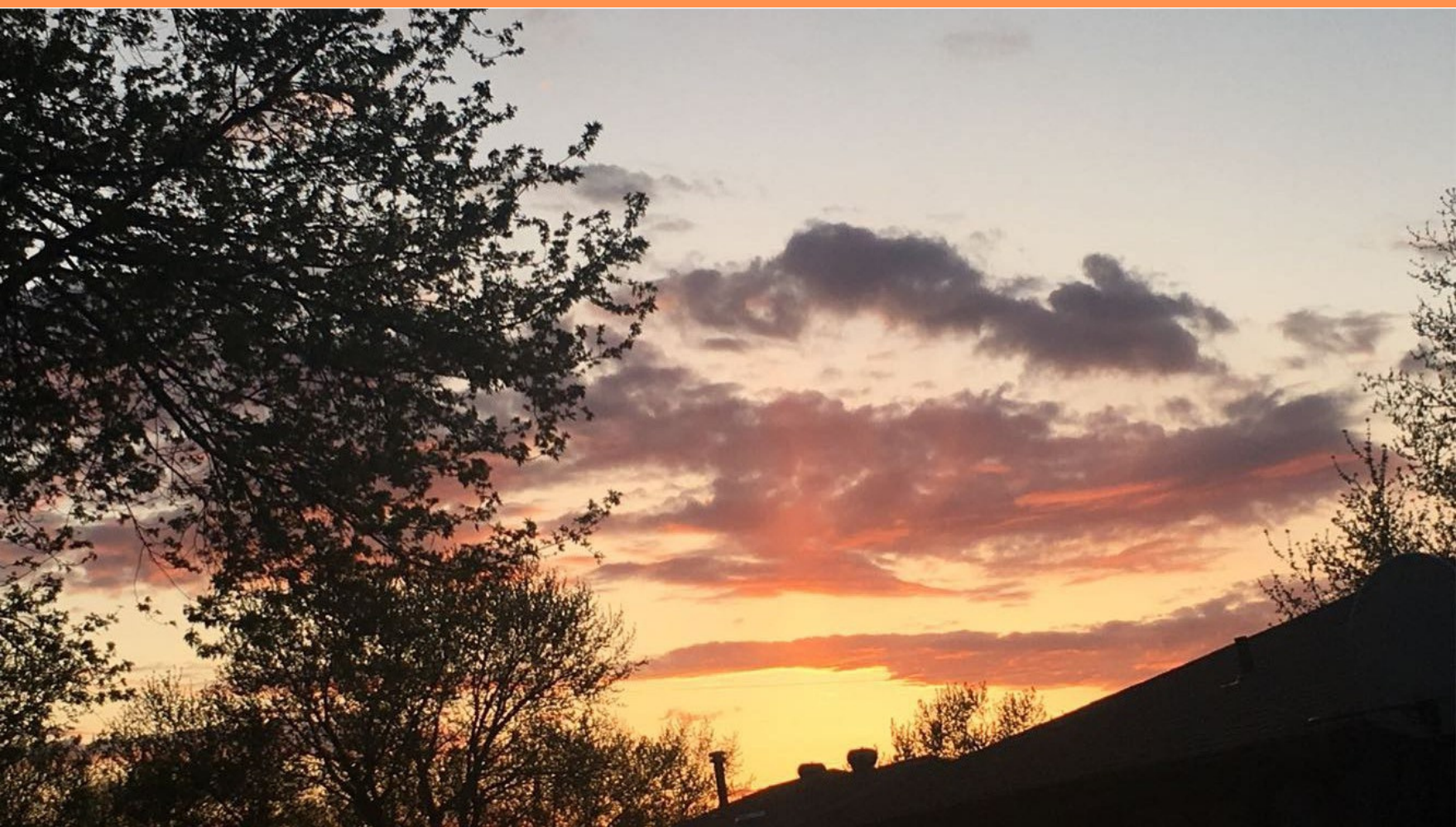


Photo by: **Rozalin Barakat Murad**

I love nature.

I just love summer,
the weather, and
the sky colors.



Photos by:
**Madleen
Qasim**

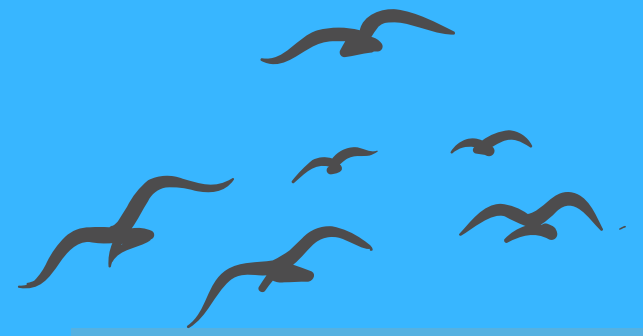
THE CONNECTION BETWEEN HUMANS AND NATURE AND ANIMALS

I think most people that you know have a pet. I think the connection with animals and humans is a great thing because some humans, you know, they're not able to have kids or raise them, but having a pet is more than that. So, I see the connections between pets and humans is increasing and is a great thing to have.

*SOME HUMANS HAVE BEEN THROUGH SO MUCH, THAT THEY'RE
DONE WITH OTHER HUMANS AND NEED SOMETHING TO GET
THEIR MIND OFF OF THEIR PROBLEMS AND JUST HAVE FUN.
PETS CAN DO THAT.*



Photo by: **Rozalin Barakat Murad**



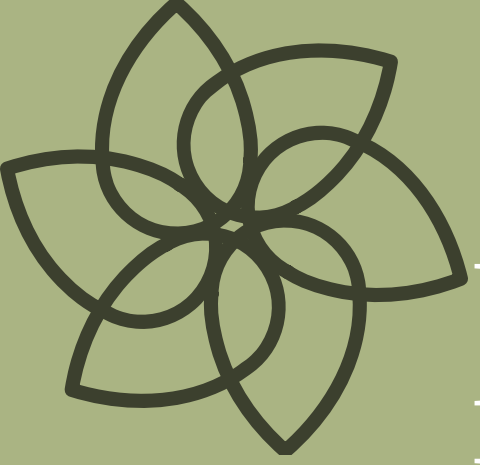
Animals can change your life.

Even though they aren't humans
they can still talk and can make us
feel better, you know?

One bird was a lonely, so we decided
to buy another bird. Animals need
friends too.



Photo by:
**Madleen
Qasim**



FOOD BRINGS PEOPLE TOGETHER

A LOT OF CULTURES ARE DIFFERENT
WHEN COMMUNICATING TO EACH
OTHER WITH FOOD OR MUSIC OR
OTHER STUFF. SO DIFFERENT
CULTURES WILL HAVE DIFFERENT
COMMUNICATION STRATEGIES.

I have more of an appetite when I
eat with other people.
It's more joyful eating together

Photo by: **Naw Bue**



Winters are long in Nebraska and you couldn't go outside get sun. People enjoy sunny weather like spring and the opening of the flowers.

It gives people breathe.

There are simple things that people can do to be connected to flowers and nature.



Photo by: **Dima Smoqy**



There is a connection between weather and the mood of humans.

She's laughing and there are rainbows and nice weather.

Nice weather can bring happiness and joy and it can get you outside to play.

When it's raining and everything sometimes, we feel gloomy and sad. You kind of feel like you're in deep thoughts.

LET YOURSELF
EMBRACE
CONNECTION
WITH NATURE.

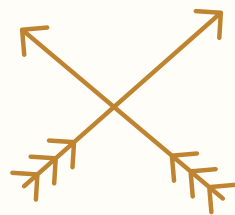
Humans and weather are
connected.



Photos by: **Zikra Zandinan**



Lincoln has good places to go
for a walk or jog to take care
of your health.



LIKE EVERY ETHNICITY & RACE YOU GOES THERE. YOU SEE
DIFFERENT KINDS OF PEOPLE AND YOU CAN SEE ALL THE
CHILDREN COME TOGETHER AND PLAY WITH EACH OTHER.

IT JUST REALLY AMAZES ME.

WHEN I WAS ON THE TRAIL, I WOULD JUST SEE A STRANGER AND
WE WOULD SAY "HI, HELLO, HOW ARE YOU".



Photo by: **Naw Bue**

'SPIRITUAL CONNECTION

You know how the man is connecting to God, humans are trying to connect with each other during this difficult time.

In the shadows we think we're far away from each other, but, in reality, our hands aren't that far away from each other. We are still connected.

If you have like a mental illness or something like that, depression, or anxiety, you should talk to someone, communicate with someone all the time. Because you are always not alone. There are always people around you who are suffering with us so you should communicate with those kinds of people

Even if you're still in the dark, try to get into the light. Don't give up.

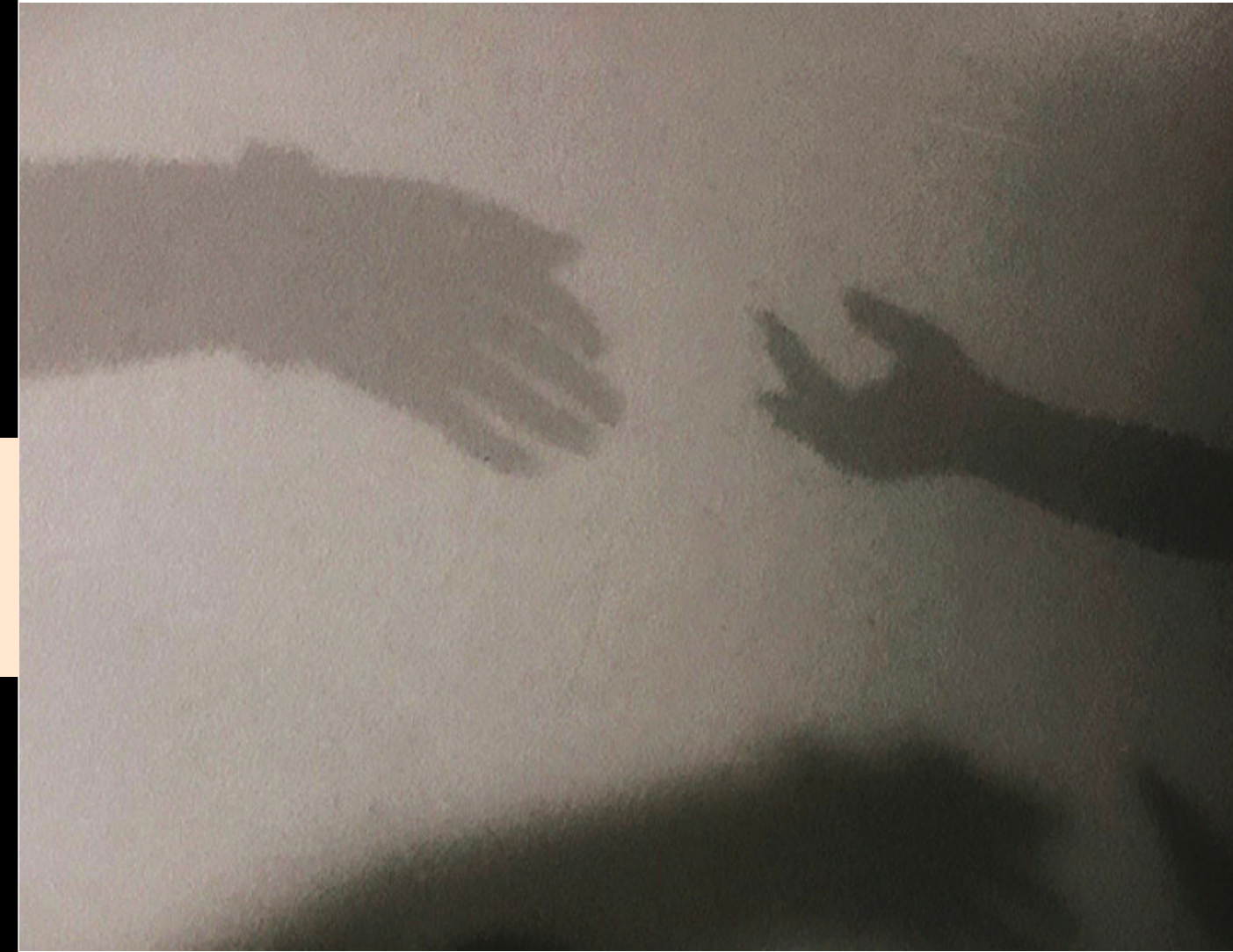


Photo by: **Ghada Qasim**

CONNECTION & TOGETHERNESS REFLECTION

These youth continually came back to this topic of Connection and expressed the importance of connection to a variety of people and things.

How can building Connection serve the health of our community?



What are the different elements of Connection the youth articulated?





Call to action:

How have these artist inspired you?

What can you do today to build a healthier community?

What can you do for the next year & beyond to be innovative, creative and connect with others to build health in our community?



EXTENSION

Thank you for viewing!

This Photo Voice Project was possible thanks to the Well Connected Communities grant.