

# Accessibility

## B Yumul (they/she)

*Live Well San Diego*  
Youth Sector Communications



*Diversify Our Narrative*  
Director of Internal Communications

### **! Content warning !**

Inclusion of examples of triggering content, visual effects, including mention of traumatic stressors

# Accessibility Training Outline

- Video & Film
  - Captions
  - Visual Sensitivity
- Graphic Designs & Text
  - Presentation
  - Fonts & Size
  - Colors, Contrast, & Color Blindness
- Websites
- Virtual Events
- Content Warnings
- Other Considerations
  - Language Translations

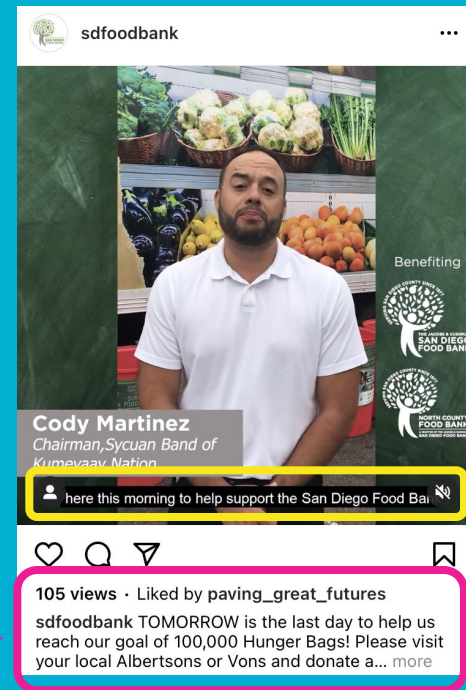
# Video & Film

# Closed Captioning

- Not to be confused with **captions** that accompany posts and often use calls to action and hashtags
- If using content that comes with built in closed captions, use them!
- Check for appropriate language
  - Explicit & vulgar
  - Vocabulary level
  - Translations

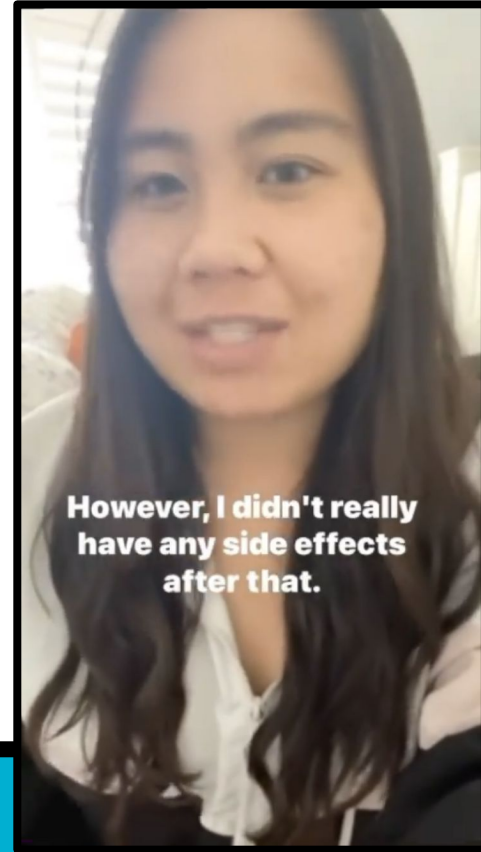
## Related Accommodations:

- Transcriptions

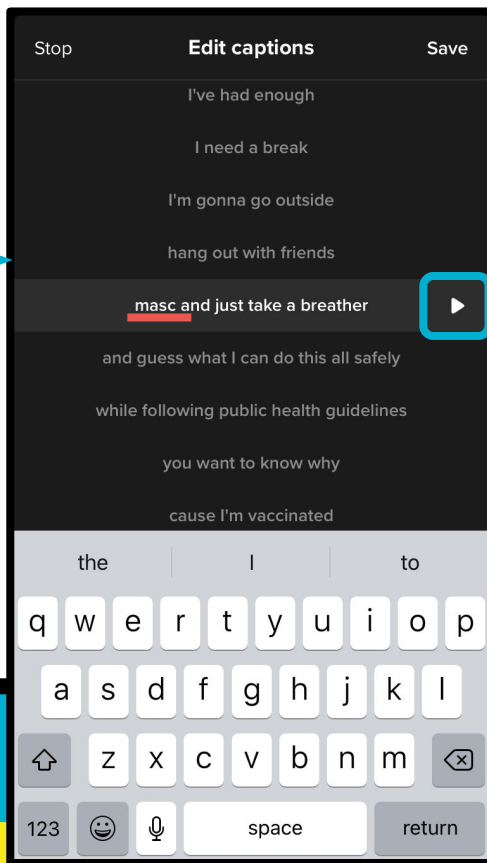
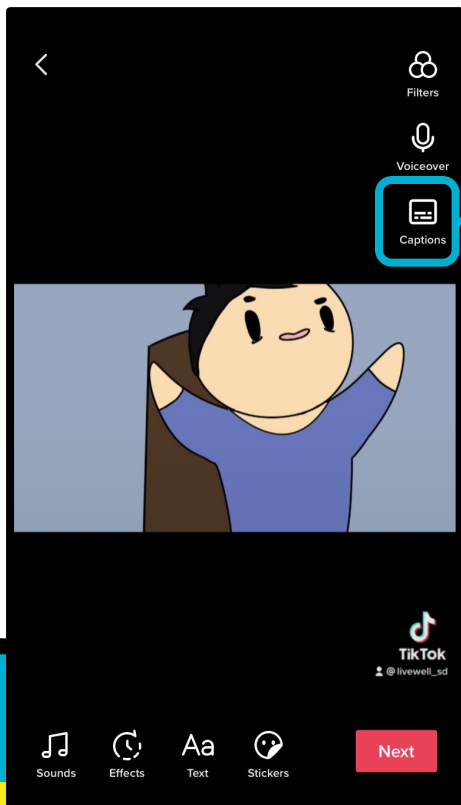


# Captioning - Best Practices

- You can use tools within apps and external video editors to add captions manually
- Take the time to provide captions in other languages if you have the ability and resources to do so accurately
- Don't be shy to make them visually pleasing!



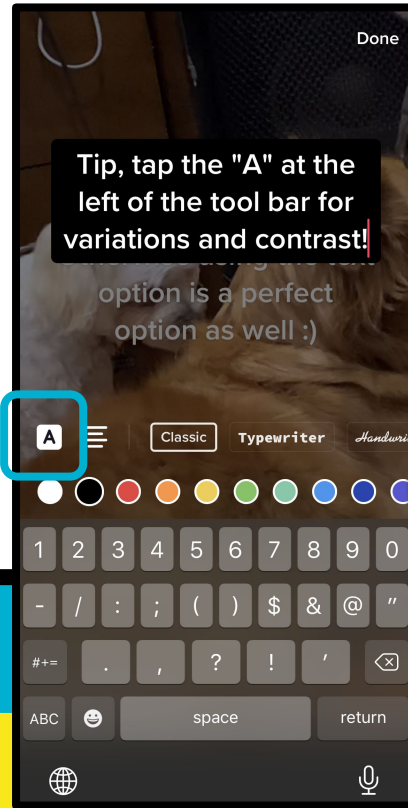
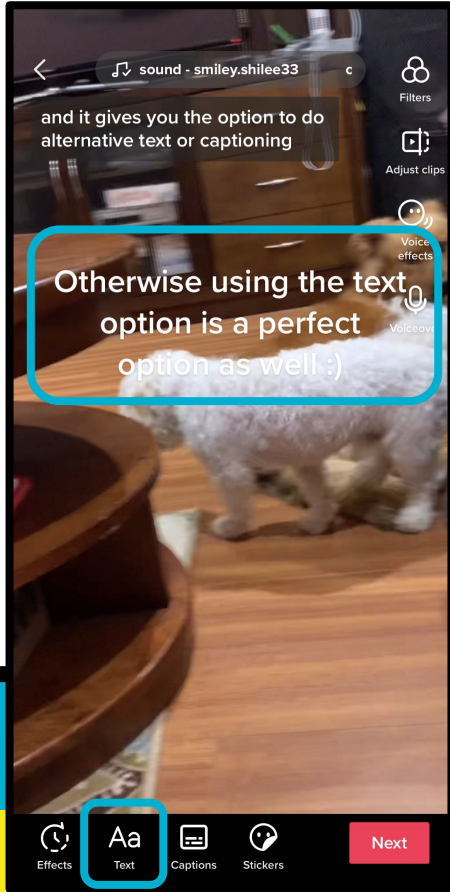
# Go back and edit the auto-generated captioning



Convenient playback with associated audio timestamps

Correct spelling errors, punctuation, or incorrect words

# Or, use text features to caption manually

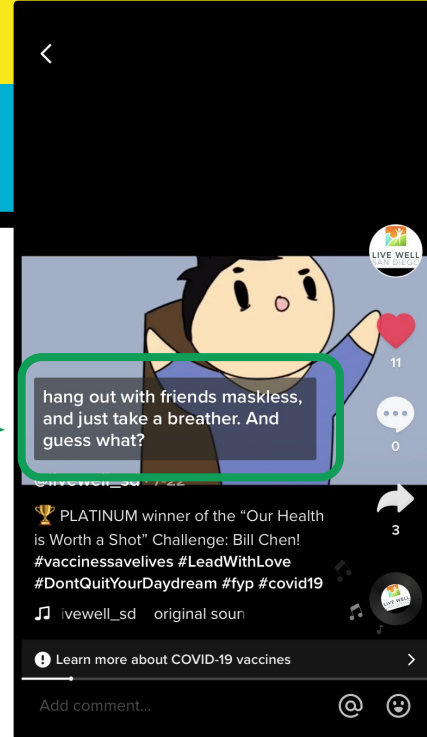


Tips about having strong CONTRAST with colors and text later!!!

# Make sure the captions are visible



Any hashtags you use automatically show in this spot, so closed captions should not be placed here



Can read both closed captions and caption with hashtags

TikTok's auto-generated captions are white against a dark grey background



# Zoom Meeting Recordings

Search bar for words in the transcript

Attempts to identify who in the Zoom is speaking

Katelin Zhou (she/her)'s Personal Meeting Room - Shared screen with speaker view

The screenshot shows a Zoom meeting recording. The main content is a slide titled "How to Discord" with a Discord logo. Below the title, there is a video of a man named Teajor speaking, with the text "B will do ya an educate" below it. The transcript on the right shows the following text:

00:13:47 So hey all my name is V, are you I am and I use the issue pronouns and i'm a third year at San Diego State University i'm part of the.

00:13:57 Communications Council and i'm also the one who runs the discord servers and tends to cause chaos if you're in the discord servers chances are you've seen me believe someone it's all with good intent.

00:14:07 **Except for when it's not and i'm going to be your teacher for today, do you and educate on how to use discord next slide please.**

00:14:18 So this is the browser desktop view of discord and this is what it can look like and when it's.

00:14:25 New and you're just diving into discord this can be very overwhelming because there's a lot of things on the screen you don't really know what to look at you don't really know what things are and next slide please.

00:14:37 Not knowing what you're looking at it's not stocks, so this is not stocks we want to make it so that it can be more stocks and the way that i'm going to attempt at explaining discord is tried to just break it down into.

Buttons: Audio Transcript, Chat Messages, Search transcript, B they/she, Resume Transcript Auto-Scroll

Screenshot from a Zoom recording of B giving a Discord app/website training for Diversify Our Narrative's Team

Audio Transcript

Chat Messages

Q Search transcript



B they/she

00:13:47 So hey all my name is V, are you I am and I use the issue pronouns and i'm a third year at San Diego State University i'm part of the.

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Resume Transcript Auto-Scroll

Toggle between viewing the transcription and chat messages sent

General timestamps

# Visual Sensitivity

- Sensory overloads
- Seizure risk
- Displaying explicit content
  
- Effects to be aware of:
  - Flashing/Strobe lights & filters
  - Glitch
  - Overwhelming colors, movement
  - Hallucination/delusion simulations

The background consists of a central white horizontal band. Above and below this band are two large rectangular blocks: a yellow block on the left and a blue block on the right. A thin black vertical line runs through the center of the image, separating the yellow and blue blocks.

# Graphic Design & Text

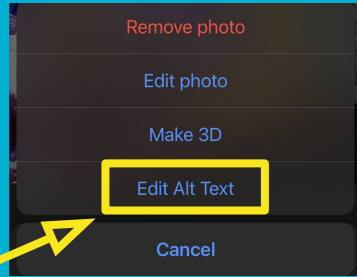
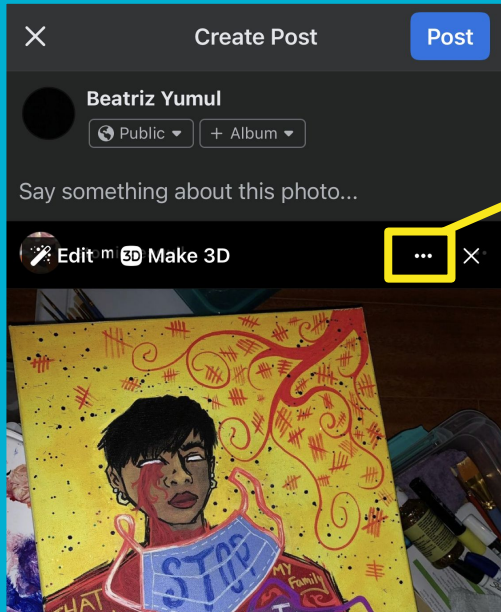
# Presentation

- Text? Graphics? Imagery? Color?
  - What to consider:
    - Who is your audience?
      - What specific considerations are associated with your audience?
    - What is the topic being presented?
      - Are there associated visuals, graphics, and designs?
      - Metaphors and comparisons?
    - What is relevant to include?
      - Links to websites
      - Visual examples
      - Demos
- Implement alternative text to images
  - In settings to describe, in words, what photos and visuals include.

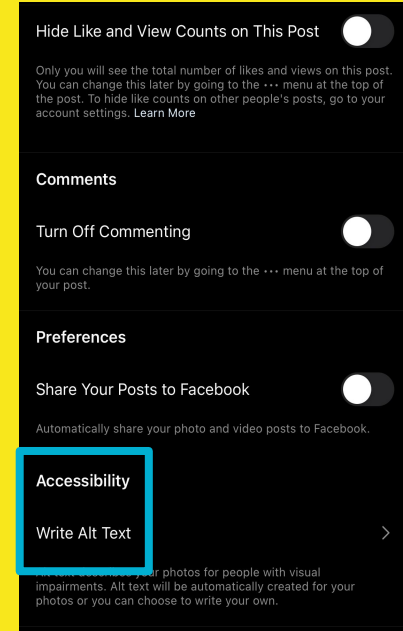
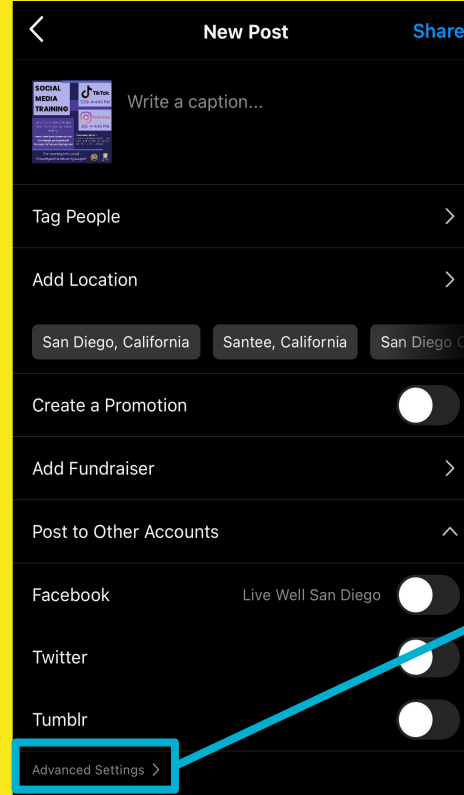
 **Content warning** 

Next three slides: artwork, experience, and mention of Stop Asian Hate and COVID-19

# Adding Alt Text

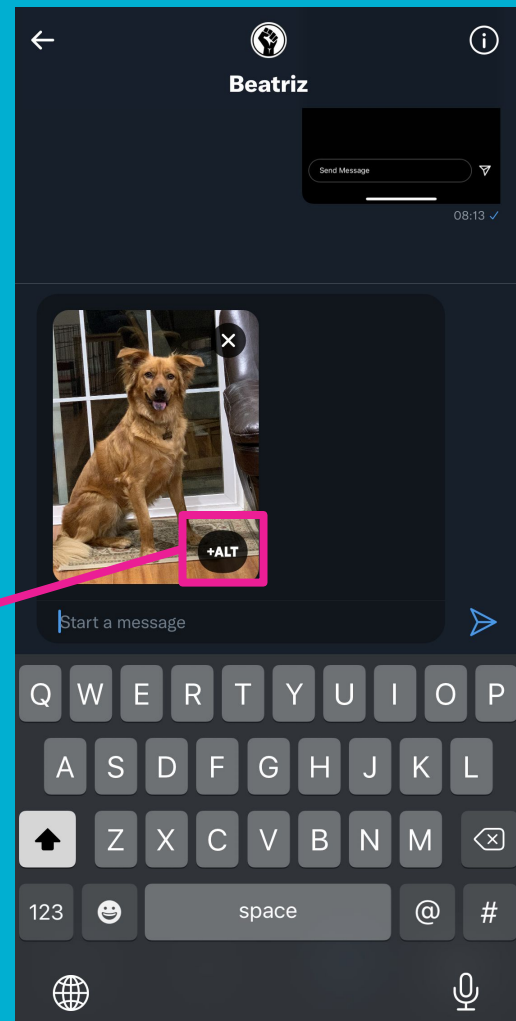
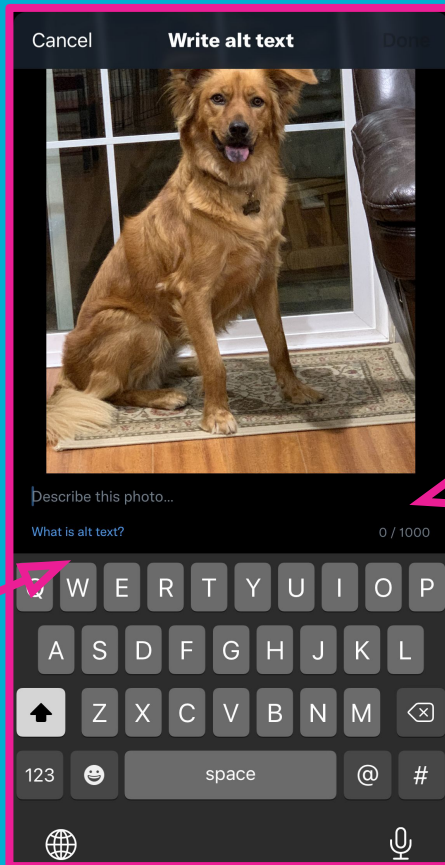
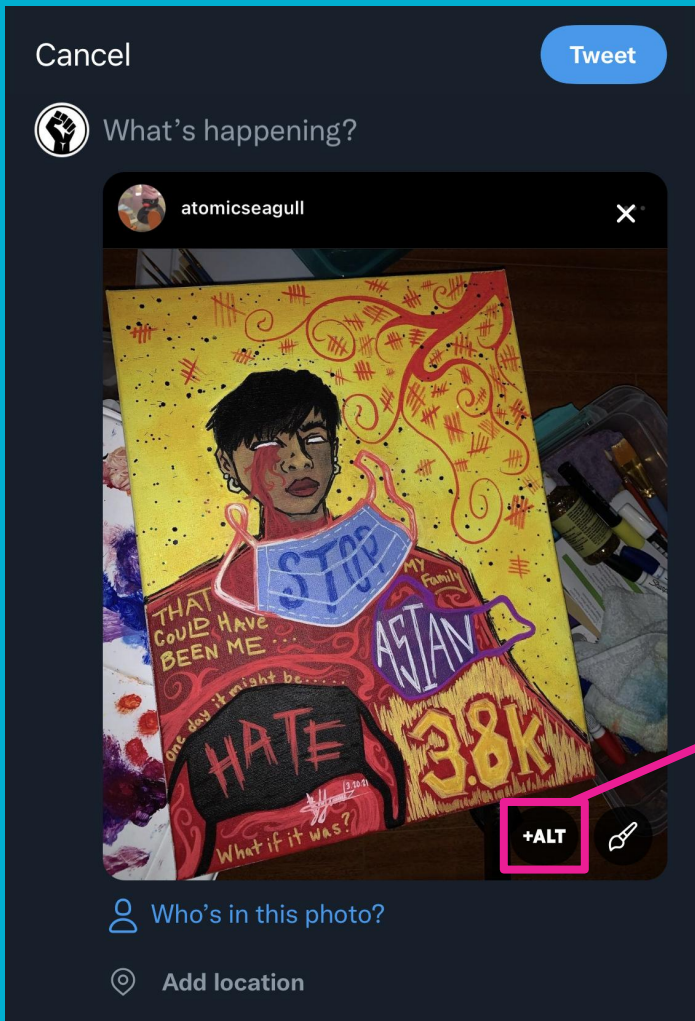


Facebook

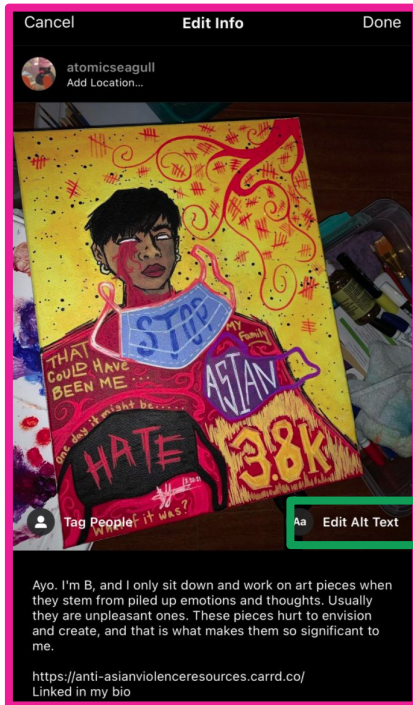


Instagram

# Twitter

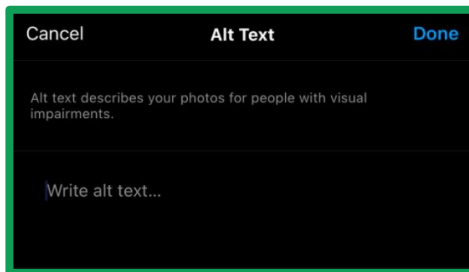






## What to include:

- Main colors
- Elements
- Words & text
- Placement
- Names
- Context
- Dates



## Alt text I added to this post:

Photo of a painted canvas under flash lighting. Under the painting, there is a plastic palette with paint splotches on the left, bins of paint, rags, paintbrushes and markers to the top and right, and a visible wheel of a rolling chair to the bottom.

The painting itself has a yellow base, covered with dots of glitter, and a curly red figure that branches off the top right corner of the painting, inward. There are numerous groups of red tally marks. The main figure of the painting is a self-portrait of B's head, with short black hair, light brown skin, and two piercings in both ear lobes. The upper lobe piercing is a white stud in both ears. The lower lobe piercing is a gold hoop in both ears. Both of B's eyes are filled in with white, and the eye on the left side of the painting pours out more red swirls that build into red silhouette that fills the rest of the left and bottom portion of the canvas.

On top of the red silhouette, there is a blue mask that reads "STOP" in blue letters, a purple mask that reads "ASIAN" in white letters, and a black mask that reads "HATE" in red letters. The red silhouette is filled with more red swirls and branches. Written in yellow, phrases also read "That could have been me", "My family", "One day it might be.....", "What if it was?", and "3.8k"

The painting is signed in white paint, at the bottom portion of the canvas

## Not one way to do it:

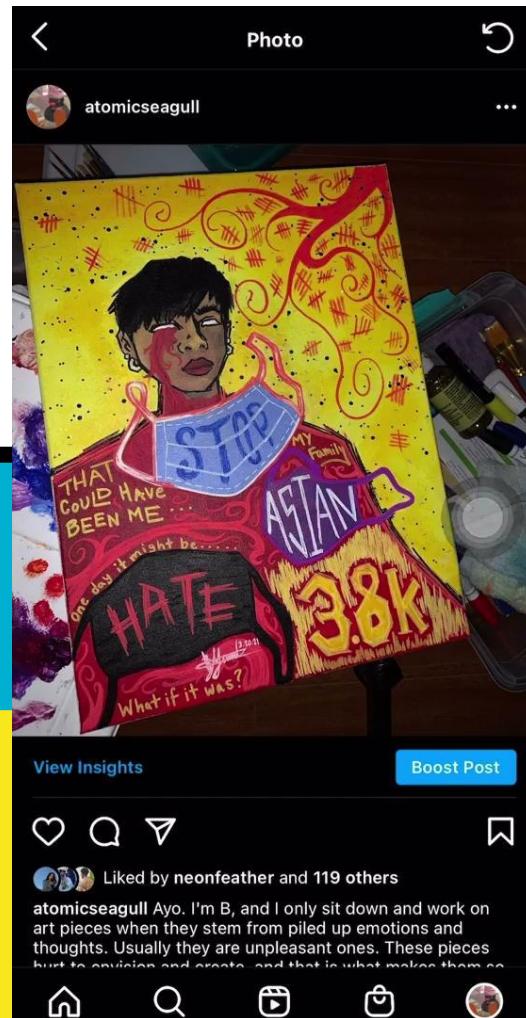
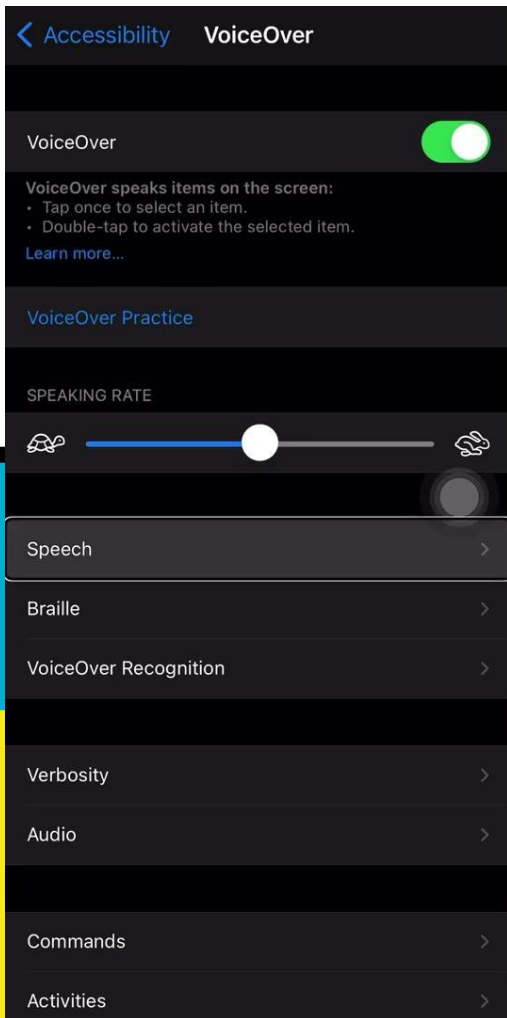
"Photo of painting created by B about their experience with COVID-19 and the Stop Asian Hate movement. The painting is on a canvas, featuring the colors red and yellow. There are masks, tally marks, glitter, a person, and words on the painting. Words read "That could have been me", "My family", "One day it might be.....", "What if it was?", and "3.8k".

# How screen readers work

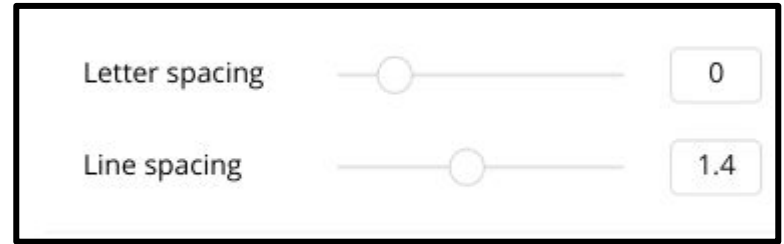
- Setting that is toggleable on devices or implementable
- When enabled, literally narrates EVERYTHING
  - Buttons, icons, and apps
  - Scroll bars and pages
  - Each individual part of interfaces
  - Posts, who posted, and the easily accessible text elements
- When alternative text attached to visuals, screen readers read off what the alternative text states

Therefore, be as descriptive as possible! Describe people, settings, context. Write out text that is present on graphics and photos. Write about the colors, shapes, and placement of things. It enriches content for visually impaired friends!





# Fonts & Size



- What to keep in mind:
  - How visible is the font?
  - How distinguishable are the letters?
  - How does it change when *italicized* or **bolded**?
  - How much text do I need?
  - Spacing between letters, words, and lines
    - Adjust the values
    - Add extra spaces between words
    - Canva is great!

Next slide contains several font examples of the same sentence. All lines single spaced. All fonts are size 25, generally the minimum size to use for graphics.

“This is how difficult it can be to read at minimum size”

THIS IS HOW DIFFICULT IT CAN BE TO READ AT MINIMUM SIZE

*This is how difficult it can be to read at minimum size*

*This is how difficult it can be to read at minimum size*

**This is how difficult it can be to read at minimum size**

THIS IS HOW DIFFICULT IT CAN BE TO READ AT  
MINIMUM SIZE

THIS IS HOW DIFFICULT IT CAN BE TO READ AT  
MINIMUM SIZE

**THIS IS HOW DIFFICULT IT CAN BE TO READ AT  
MINIMUM SIZE**

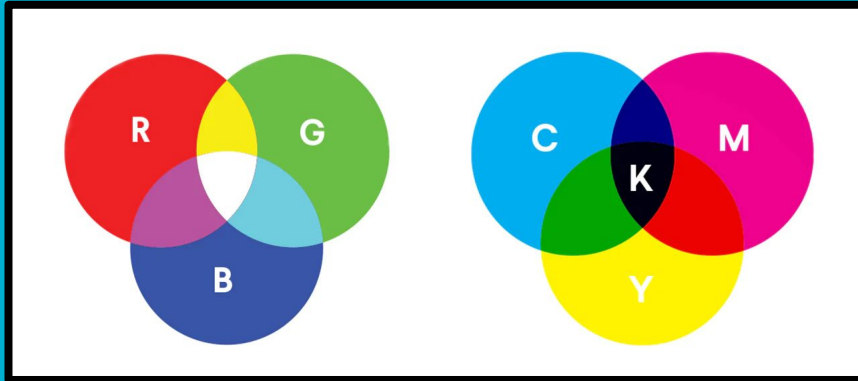
*This is how difficult it can be to read at minimum size*

*This is how difficult it can be to read at minimum size*

This is how difficult it can be to read at minimum size

# Color Identification

- Different ways colors are identified:
  - HEX codes: # \_ \_ \_ \_ \_ [Combo of letters A-F and numbers 0-9]
  - RGB: Balance of red, green, and blue
  - CMYK: Balance of cyan, magenta, yellow, and key (black)



COLOR	COLOR NAME	HEX COLOR CODE
	WHITE	#FFFFFF
	SILVER	#C0C0C0
	GRAY	#808080
	BLACK	#000000
	RED	#FF0000
	MAROON	#800000
	YELLOW	#FFFF00
	OLIVE	#808000
	LIME	#00FF00
	GREEN	#008000
	AQUA	#00FFFF
	TEAL	#008080
	BLUE	#0000FF
	NAVY	#000080
	FUCHSIA	#FF00FF
	PURPLE	#800080

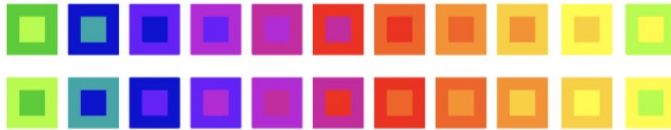
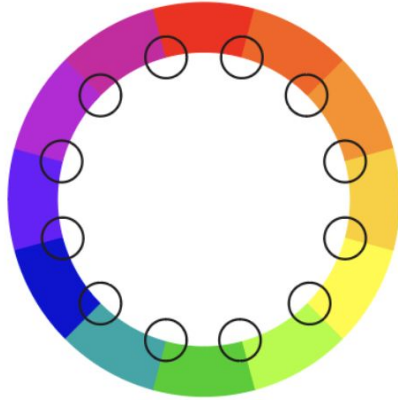
# Color Contrast

- Evaluated on a scale of A(low contrast) to AAA(high contrast)
- Level AA - minimum 4.5:1 contrast for normal sized text
- AAA, a contrast ratio of 7:1

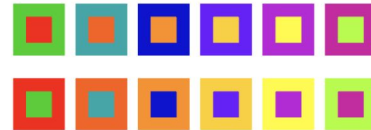
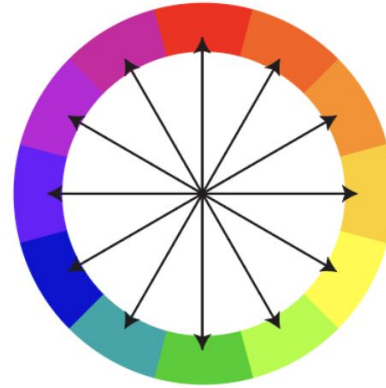
Ratio 2.01:1		
Ratio 3.94:1		
Ratio 4.03:1		
Ratio 4.49:1		
Ratio 4.57:1		

# Color Contrast - Low v. High

Analogous



Complementary



- How to increase contrast:
  - Tints, pulling towards white, and shades, pulling towards black
  - Different hues, another word for color, play around with color wheels, sliders, and spreads

# Color Contrast - Ratio

The screenshot shows a color contrast checker tool. It has two color selection panels: 'Foreground Color' with a blue color selected (#0000FF) and a 'Background Color' panel with a white color selected (FFFFFF). Below these are two 'Lightness' sliders. A central double-headed arrow indicates the relationship between the two colors. A box displays the 'Contrast Ratio' as 8.59:1, with a 'permalink' link below it. The tool is tested on three text types: 'Normal Text', 'Large Text', and 'Graphical Objects and User Interface Components'. Each test shows 'WCAG AA: Pass' and 'WCAG AAA: Pass' with a green 'Pass' button. The text 'The five boxing wizards jump quickly.' is shown in normal and large sizes. The UI component is a 'Text Input' field with a checkmark above it.

Foreground Color: #0000FF  
Background Color: #FFFFFF

Contrast Ratio: 8.59:1

permalink

**Normal Text**

WCAG AA: Pass  
WCAG AAA: Pass

The five boxing wizards jump quickly.

**Large Text**

WCAG AA: Pass  
WCAG AAA: Pass

The five boxing wizards jump quickly.

**Graphical Objects and User Interface Components**

WCAG AA: Pass

Text Input

My text color is #747474 at 18 px and regular weight

My background color is #EEEEEE

My design must be AA compliant

## Fails AA

Required contrast ratio: 4.5

Your contrast ratio: 4.03

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do...

## Passes AA

if you change background color to #FBFBFB

New contrast ratio: 4.52

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do...

or

## Passes AA

if you change text color to #6C6C6C

New contrast ratio: 4.53

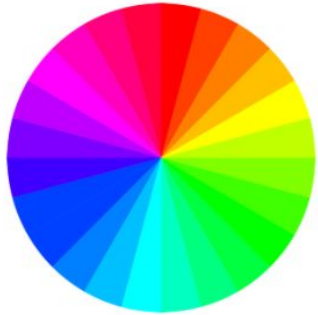
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do...

[webaim.org/resources/contrastchecker/](http://webaim.org/resources/contrastchecker/)

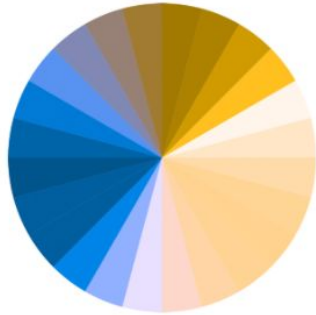
[accessible-colors.com/](http://accessible-colors.com/)

# Color Blindness

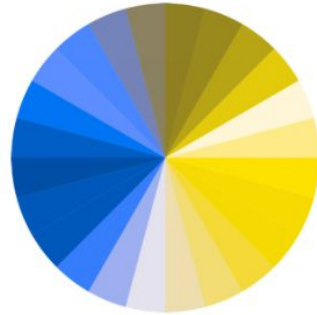
- Relies on contrast levels to distinguish different colors and elements
- Main types involve red, green, and blue
  - Primary colors of light



Regular vision



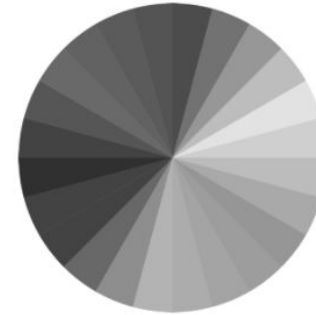
Deuteranopia



Protanopia



Tritanopia



Monochromacy



- Tools to test and experience
  - Sim Daltonism - color blindness simulator for iOS (use camera) or MacOS (highlight region on screen)
  - Colblindor - color blindness simulator with specific file upload



# Websites

# Websites (trying to remember/find websites with the accessibility extension)

- Visual design and arrangement
  - Make different parts DISTINCT
- Alternative text for photos and graphics
- Make navigation organized and clear
  - Link related and relevant resources, content, and tabs
  - Don't make it a scavenger hunt
- Does your website builder include an extension for accessibility tools?
  - High contrast
  - Magnification
  - Mobile VS Desktop interfaces
- Does it support other languages and translations?
  - [Google Translator Website Widget](#)

# Virtual Events

# Previous considerations should be included in addition to

- Visual impairments
  - Pseudo alt text!
    - Have speakers describe their appearance when they introduce themselves
    - Describe context for visual media being presented
    - Be descriptive with instructions and references
  
- Deaf and Hard of Hearing
  - Live transcription
  - Sign language translation
  - Helpful visuals & simple text points



# Overload, Burnout, and User-Friendliness

- Take breaks after reasonable intervals
- Provide time to process
- Do people know how to use the platform?
- Tutorials, how-to's, and guides are helpful and so many exist online!



# Cover those who are absent, miss part of the event, or cannot attend live

- Zoom recordings
- Recaps and summaries

The image shows a Zoom meeting interface. On the left, a video thumbnail displays the name 'Marissa Permo' and 'Mariss'. A large red arrow points from the top-left towards the bottom-right, ending at the 'Record' button in the bottom toolbar. The bottom toolbar includes buttons for 'Unmute', 'Start Video', 'Invite', 'Manage Participants', 'Share Screen', 'Chat', 'Record', and 'Reactions'. The 'Record' button is highlighted with a red box. On the right, the 'Settings' menu is open, with the 'Recording' option selected and highlighted with a blue box. The 'Recording' settings panel shows 'Store my recordings at: /Users/ggoodwin/Documents/Zoom' with an 'Open' button, and '61.33 GB remaining'. Other options include checkboxes for 'Choose a location to save the recording to after the meeting ends', 'Record a separate audio file for each participant', 'Optimize for 3rd party video editor', 'Add a timestamp to the recording', 'Record video during screen sharing' (checked), 'Place video next to the shared screen in the recording', and 'Keep temporary recording files'.

Warning about the Warnings

# Warnings

Content warning

Inclusion of examples of triggering content, visual effects, including mention of traumatic stressors

# Warnings

- Trigger warning / TW
- Content warning / CW
- Sensitive content / SC
- Anything from visually showing to mentioning verbally or in text
- Examples of content to place warnings for:
  - Sexual Assault / SA
  - Abuse & Domestic Violence / DV
  - Self-harm & Suicidality / SH
  - Blood & Gore
  - Abrupt, loud noises
  - Symbolism, allusions, innuendos
  - Visual Sensitivity

NOTE: Even though shorthand exists, write out the full words for clarity



# How To Make Warnings

- Videos
  - On beginning / intro / title frame
  - Text and auditory warning
  - Caption
  - At least 3-5 seconds
- Still graphics, photos, slides
  - Beginning pages or slides
  - On Instagram: Make first TWO slides warnings
- Put in titles, headings, descriptions, captions
- Make clear
  - CAPS, **Bold**, Underline, Emojis ! ❌🚫🚫⚠️
  - NAME what the warning is for
    - Flash, mention of \_\_\_\_, imagery of \_\_\_\_, gore/blood \*even if it's fake\*



## More About Warnings

- You control and decide what content of yours has warnings
- Easier to remember for BIG taboo or explicit topics like assault, violence, and gore
- Needed but less attention to topics like visual sensitivities, abrupt appearances and noises, and inside references or alluding

Right now: Consideration of adding warnings for content related to and showing the excessive strain, stress, and trauma from experiences like COVID

There are lots of topics and experiences that can trigger anyone. It's okay to not be perfect and cover EVERYTHING, but the mindfulness and effort means a lot :)

# Other Considerations

# Other Considerations

- Great Resources:
  - [Web Accessibility Initiative](#)
  - [Web Content Accessibility Guidelines](#)
- Accessibility overlaps with inclusion
  - Using inclusive language is using accessible language
- Explain terms & vocabulary without the fluff
  - Literacy and educational barriers
- When sharing presentations:
  - Utilize speaker notes for more details, background, context, etc
- Listen to people who experience issues with accessing and consuming content
- Inclusion of \*accurate\* translations whenever possible
  - Especially when messaging or intending to reach a particular group who may speak different languages

# Translation Examples

- Especially when messaging or intending to reach a particular group who may speak different languages

## 復原和重建

在新冠病毒大流行和反亞裔人仇恨浪潮中加入社區康復和重建論壇。

九月二十八日下午 4-5:30  
亞裔人心理健康

十月二十七日 下午 4-5:30 PM  
亞裔人社區在聖地亞哥的未来

報名和要求翻譯: [linktr.ee/OERJ](https://linktr.ee/OERJ)  
[samuel.tsoi@sdcounty.ca.gov](mailto:samuel.tsoi@sdcounty.ca.gov)



## Gumaling & Muling Buoin

Halinang magusap-usap sa internet/video para makahanap ng paraan sa paglutas ng pandemya at mawakasan ang pagkamuhi at pananakit sa mga Asyano.

Setyembre 28, 4 - 5:30 ng hapon  
Mga Asyano & Kalusugan Ng Isipan

Oktubre 27, 4 - 5:30 ng hapon  
Panghinaharap ng Mga Asyano  
Pagkakakilanlan & Kapangyarihan

RSVP at humiling ng pagsasalin: [linktr.ee/OERJ](https://linktr.ee/OERJ)  
or email [samuel.tsoi@sdcounty.ca.gov](mailto:samuel.tsoi@sdcounty.ca.gov)



**livewell\_sd** Join the Office of Equity & Racial Justice for a series of conversations with Asian American, Native Hawaiian and Pacific Islander community members on collective healing and community building!

RSVP: [linktr.ee/oerj](https://linktr.ee/oerj)

9/28 and 10/27 4-5:30 PM

Swipe for other languages

#aanhpi #mentalhealth #community #heal #identity #covid\_19 #together #communitybuilding

# Translate Actionables

## ATTENTION SAN DIEGO YOUTH

ARE YOU BETWEEN THE AGES OF 12 AND  
24 AND VACCINATED FOR COVID-19?

IF SO, WE WANT TO HEAR  
FROM YOU!

WHAT MOTIVATED YOU TO GET VACCINATED?  
SHARE YOUR STORY IN A TIKTOK VIDEO!

- Enter for a chance to win \$100, \$50 or \$25 e-gift card
- Submit video to [communiVax@sdsu.edu](mailto:communiVax@sdsu.edu) by September 30th (include name and age)
- Videos can be in Spanish or English
- Top 10 videos will be featured in compilation video
- For more information call us at (619) 693-6130

Learn more about CommuniVax at  
<https://cal.sdsu.edu/research/communiVax>



CommuniVax  
A Center for Community Engagement  
in Response to COVID-19 Vaccination Campaign

## ATENCION COMUNIDAD JUVENIL DE SAN DIEGO

¿TIENES ENTRE 12 Y 24 AÑOS Y ESTAS  
VACUNADO CONTRA COVID-19?

SI ES ASI, QUEREMOS  
SABER DE TI!

¿QUE TE MOTIVO A VACUNARTE?

¡COMPARTÉ TU HISTORIA EN UN VIDEO DE TIKTOK!

- Participa para tener la oportunidad de ganar una e-gift card de \$100, \$50 o \$25
- Envía tu video a [communiVax@sdsu.edu](mailto:communiVax@sdsu.edu) antes del 30 de septiembre 2021 (no olvides tu nombre y edad)
- Los videos pueden ser en inglés o español
- los diez mejores videos aparecerán en una recopilación
- Para mas información comunícate al (619) 693-6130

Learn more about CommuniVax at  
<https://cal.sdsu.edu/research/communiVax>



CommuniVax  
A Center for Community Engagement  
in Response to COVID-19 Vaccination Campaign



**livewell\_sd** ATTENTION LATINX  
YOUTH, CommuniVax wants to hear from  
YOU!

! Consider sharing your COVID-19  
Vaccination experience for a chance to  
win e-cards and a feature

🕒 DEADLINE: Thursday, September 30th

📺 Swiper para el volante en español!

#LiveWellSD #CommuniVax  
#COVIDVaccine #COVIDStories  
#COVID19 #COVID19Story #LatinxYouth  
#LatinxHeritageMonth

# Final Notes:

We, as organizations who work for and with communities, possess a responsibility to be accessible and safe for whom we serve and support. This includes being accessible in ways that we may assume are not specifically relevant to our target populations.

Be sure to ask your communities directly what would help them access you, your content, and your services