



WRITTEN EXERCISE:

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FORMAT:

INDIVIDUAL
EXERCISE
AND GROUP
DISCUSSION

Power Relationships

TIME: 60 MIN

REQUIRED MATERIALS: WRITTEN EXERCISE ON POWER RELATIONSHIPS, IN APPROPRIATE LANGUAGE

SUMMARY:

This is an exercise that supports participants to explore different forms of power relationships they experience in their life, and how they, as activists, use power.

KEY EXPLANATION POINTS:

- Ask participants to fill out the written exercise individually for 20 minutes.
- Once participants have completed the exercise, have them move into pairs or triads to discuss for 20 minutes.
- Finally, all participants can return to the group to discuss their reactions and reflections from the exercise for 20 minutes.

FACILITATION NOTES:

- This exercise should be used as a follow-on from the 'power handout exercise', which provides a framework for thinking about different forms of power.
- Keep in mind that it is always challenging to talk about power with activists, particularly the power that we have to affect others and our own life.
- The exercise also tries to help participants think about how power is consciously or unconsciously used.



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1. People who support me

- a) Who has the power to support me in my activist life? (List three key people in the first column, 'People in my life').
- b) For each person, describe two instances where each individual used their power in ways that affected you, one instance in column 'Positive use' and one instance in column 'Negative use':

2. People I support

- a) Who do I have the power to support in my activist life? (List three key people in the first column).
- b) Describe three instances where you used your power in different ways that affected them:

People in my life	Positive use of power (shared power, support)	Negative use of power (power over)

- c) What do you think was the intent behind these actions (that is, were they deliberate and thought through or were they unconscious/accidental)?

- d) How did I react to these various instances and why (that is, how did I acknowledge them, speak about them, challenge them, stay silent about them)?

- c) What do you think was the intent behind your actions (that is, were they deliberate and thought through or were they unconscious/accidental)?

- d) How did these people react to my use of power in these instances and why (that is, how did they acknowledge them, speak about them, challenge them, stay silent about them)?