



WRITTEN EXERCISE:

PAGE 1/2

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.