

Discussing Power

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Power

- The ability, skill, or capacity to make decisions and take action.
- The more power an individual has, the more likely they are to make their own decisions and choices.
 - This is also called *agency*
- But power is also a control that helps influence others.

Social/Community

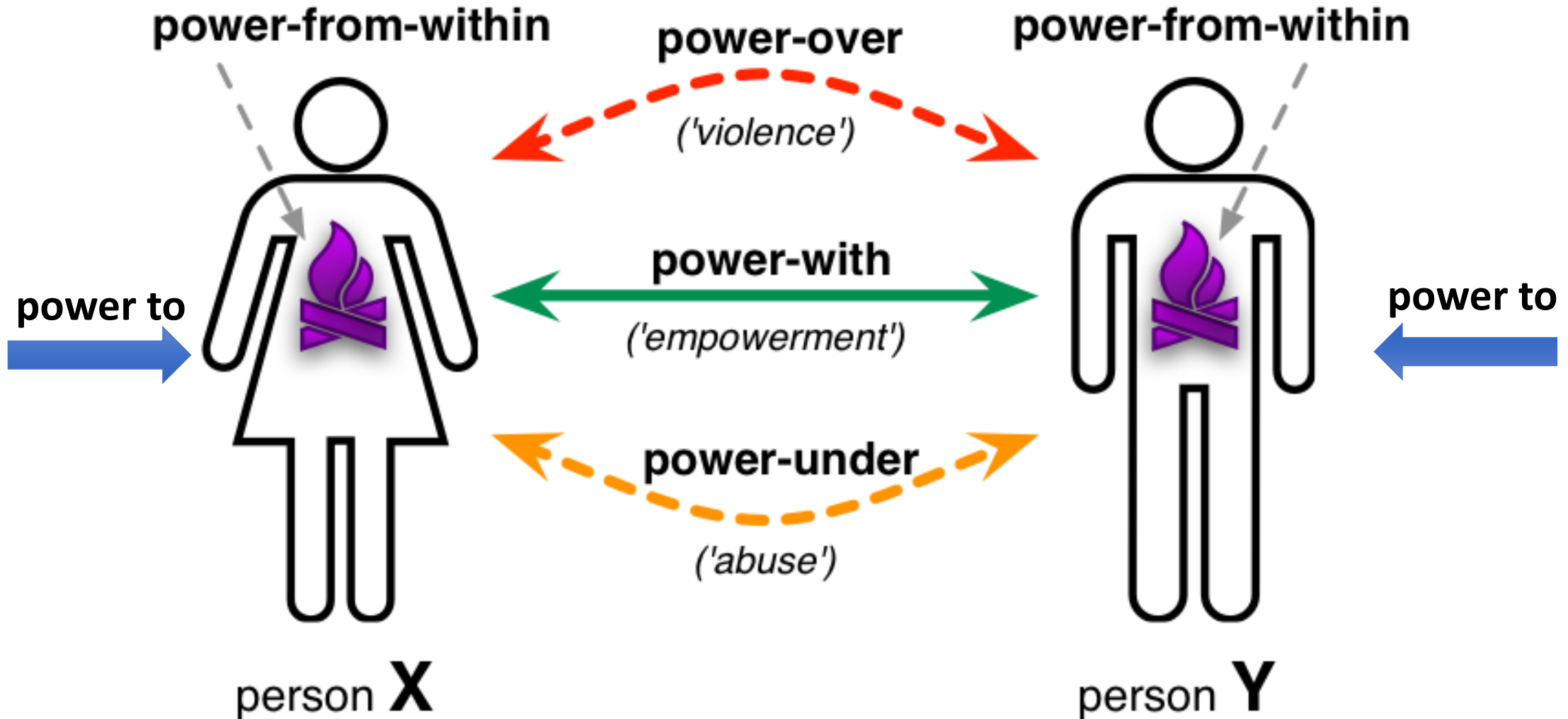
Economic

Political

Gender-based

Age-related

Common Forms of Power



Power Over

- Most harmful form of power.
- Associated with force, coercion, discrimination, threat, manipulation, violence, or punishment to force a person or group to do something against their will.
- “Protected” by rules, customs, traditions or laws that help preserve power and control people and their action.
- Perpetuated by gender roles and relations.



Discussion: The power shuffle, who holds power in the household?

- Take a step forward if you are ...

- Take a step back if you are ...

The Power Shuffle: Let's discuss

- What feelings came up to you during the exercise?
- How did it feel to be less powerful person?
- How did it feel to be more powerful person?
- Did this exercise change your understanding or definition of power? How?
- How might the issues we're exploring here come up in your work with the community?

Activity 2 – More powerful vs. less powerful

- Who has the most power in the family? Community?
 - Focus on status and social power and not on physical strength
- Who these powerful people has power over?



Activity 2

- What does the chart show?
- What privileges or advantages the more powerful have than less powerful people?
- What type of violence are used by more powerful people against less powerful people?
- Where do you feel fitting? What privileges or disadvantages you experience?
- What can be done to move less powerful people to more powerful group or equalize relations, gender roles and power?

Literature used

- Smith, M., Shannon, S., and Vickery, K. 2015. Health Actions for Women: Practical Strategies to Mobilize for Change. 1st Edition. Berkley, CA: Hesperian Health Guides



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