



Nonviolent Power

1-day Agenda

10.00 to 5.00

Purpose:

- Understand the concept of power, how to analyse power, and identify active nonviolence power
- Develop our ability to see where and why this is taking place
- Develop our ability to create 'power with' relations

Welcome & Introductions 25 mins

Experiencing power/powerlessness 30 mins

Simple roleplay

Who has power in a school? 20 mins

Analysis of power relationships in a school

Power rap 15 mins

Short talk about different ways of understanding power and highlighting an understanding of the role of active nonviolence to alter power relationships

BREAK

Why do we obey? 15 mins

Sources of power and obedience 10 mins

Oppression in our society 25 mins

Exploration of oppression at work in our lives and the power relationships behind them

LUNCH 12.30 60 mins

Light & Lively 10 mins

Power relationships in a social change issue 10 mins

Using Props of Power tool

Nonviolence stories/case studies 20 mins

Sharing of a social change story from a participant and discussion about the power relationships.

Practical cheek turning 30 mins

Alternative interpretation of the Biblical "turn the other cheek" passage, from Walter Wink.

Movie 30 mins

Show movie or montage of movies for reflection and discussion

BREAK

Group work 25 mins

Reflect on the movie(s) and discuss in groups, then bring this discussion back to plenary

Plenary with match sticks 40mins

Sharing discussion from group work

Light & Lively 5 mins

Sum up 10 mins

Evaluation 10 mins

Closing activity 5 mins