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| Title | **Power (introduction)** |
| Objective | * To discover different forms of power and explore how power can be used in positive and negative ways
* Explore how power is divided between men and women
* Understand how to use power positively
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| Target audience | Men and women |
| Group size | 20 |
| Estimated time | 30 minutes |
| Materials  | Flip chart and markers |
| Printouts/downloadable resources |  |
| Source | Adapted from [*Journeys of Transformation*](https://docs.google.com/viewerng/viewer?url=http://promundoglobal.org/wp-content/uploads/2014/12/Journeys-of-Transformation.pdf) by Promundo |

**1. Steps:**

Whole group work (30 minutes)

* The facilitator writes the word ‘POWER’ in the middle of a piece of flip chart paper and hangs it on the wall.
* Ask the participants what comes to mind when they hear the word power and write their responses around the word on the paper.
* Ask participants to group their responses into positive power and negative power.
* Which types of power are used more by women and which types of power are used more by men?
* Identify the characteristics of negative power or abuse of power.
* Explain to participants that all power can be either negative or positive depending on how people choose to use it.

**2. Questions to help guide discussion:**

* How do men use their power and how do women use their power (negatively and positively)?

**3. Key message**: The definition of power is neutral. It is neither positive nor negative. Power has many faces and meanings. It does not belong to men or women. It is up to you to use it positively.

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| This exercise creates awareness about power. It teaches that power is neutral and can be used positively or negatively by both men and women. It is up to each individual to choose how power is divided between men and women and whether it is used positively or negatively. Encourage participants to rethink the definition of power and its implications. There is a second step to this exercise. |

**4. Notes for facilitators**