

I Can, You Can Empowerment - Beginner

Description

Students engage in a discussion about the meaning of empowerment, why it is important, and how we can become empowered. Students share what helps them feel empowered. Students learn how empowerment shapes leadership abilities, confidence, and the ability to enact positive change in their school and community.

Objectives

- Learn the meaning of empowerment.
- Understand different ways to feel empowered.
- Learn how to help others feel empowered.

Materials and Supplies

- Paper
- Pens/pencils

Activity (45 minutes)

Introduction (10 minutes)

- Introduce the idea of empowerment.
 - Empowerment is the ability to feel in control, safe, powerful, and self-determined to achieve a desired goal.
 - Empowerment is linked to confidence.
 - Empowerment is often having trust in someone else who has helped you feel empowered by giving you an action.
- Questions to ask:
 - What do you think can help you feel empowered? (e.g. being listened to, helping others, having choices, etc.).
- Form the class into groups of 4-5
- Explain that they will have a small group discussion about empowerment and then share their ideas with the class.

Small Group Discussion (15 Minutes)

- Students discuss in their small groups.
- Suggestions for their discussion:
 - Explain a time when you felt empowered.
 - What about this experience helped you to feel empowered?
 - Explain a time where you helped someone else to feel empowered.
 - What did they do to help that person?
 - Why do they think feeling empowered is important for leadership?
 - Do they think empowerment is important for inclusion?

Class Discussion (10 minutes)

- Bring the groups back together as a class.
- Allow each group to explain one experience someone had about feeling empowered, and one experience about having someone else feel empowered.
- Questions to ask:
 - Why is empowerment important? (i.e. shows someone believes in you, lets you know you are able, etc.)
 - How can you help others to feel empowered and included?

Synthesize (5 minutes)

- Bring the concepts that you've been discussing together.
- Questions to ask:
 - How did sharing your experience make you feel?
 - How has your idea of empowerment changed?
 - Why is it important to be empathetic and to be aware of our own feelings, as well as to feel confident in ourselves?
 - How can understanding someone else's feelings and experiences lead them to feel empowered?
- Explain that when we are empathetic and relate to others, regardless of any known differences, then we can be inclusive to others' ideas and actions. When we are confident in our own abilities, we can feel empowered. With our own empowerment, we can help others feel empowered, which helps build spaces of inclusion.