

The Power Flower

Issues addressed: Showing privileges in society and power relations between involved actors.

Aims: Selfreflection about our own positions in society.

Time: 90 minutes

Groupsize: 5-25

Material: Workpapers for everyone, which show the Power Flower and pens.

Preparation: None

Introduction:

Working individually: Each participant get a workpaper and has to fill in the Power Flower for her/himself. The petals inside or outside have to be filled in, referred to the position you have in the categories. If you belong to the majority of a category, fill in the outer petal, if not, fill in the inner petal of the Power Flower. Count up the number of matching petals, noticing which match. Then compare the results in small groups.

Afterwards all participants come together again and sit in a circle. The whole group will reflect the feelings they had during this exercise.

The facilitator can ask the following questions:

- How did you feel, when you filled in the Power Flower?
- Do you belong in many categories to the majority of our society, or not?
- What kind of privileges do you have, if you belong to majorities in several categories?
- How does it feel, to be privileged or unprivileged?
- What can be changed to develop more equality in our society?

Role of the facilitator:

Moderation

Evaluation of the method: In this method, people have to show their positions to others, which can be too private/familiar.

If you notice, that in the group might be people who don't want this, or who are already discriminated, do this exercise in another, more „private“ way.

This means, let each one fill in by himself/herself the workpaper, without talking about this afterwards in small groups.

Then reflect the method in the big group, In this situation the persons who don't want to say anything about their feelings during the exercise, don't have to do this.