

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet

March 2016

Power Over versus Power With

Time:

2 hours

Materials Needed:

- Flipchart with activity title and objectives listed
- Flipchart paper – one sheet for each small group
- Markers or crayons
- Masking/scotch tape
- Flipchart with “Power Over” and “Power With” descriptors listed in two columns



Introduction

There are different types of power. “Power Over” has numerous negative associations for people, including force, abuse, discrimination, oppression. In many households, the person who has the resources and makes most of the decisions is the man: the man has power over the other family members who are often excluded from participating in decision-making and from access to healthy food, healthcare, land, and decisions about the children. “Power With” is power that comes from collective strength. “Power With” is based on identifying what people have in common, despite their differences and seeking ways to act together. If people give each other mutual support, solidarity, and recognition they can work together more effectively. Identifying and understanding different types of power are important if extension providers are to transform the lives of the men and women they work with; helping women and men to recognize their own abilities and power to act in collective and equitable ways.

Objectives

- ✓ To illustrate two types of power.
- ✓ To examine the challenges of discussing issues of power with men and women.
- ✓ To identify ways of moving from “Power Over” to “Power With”

Steps

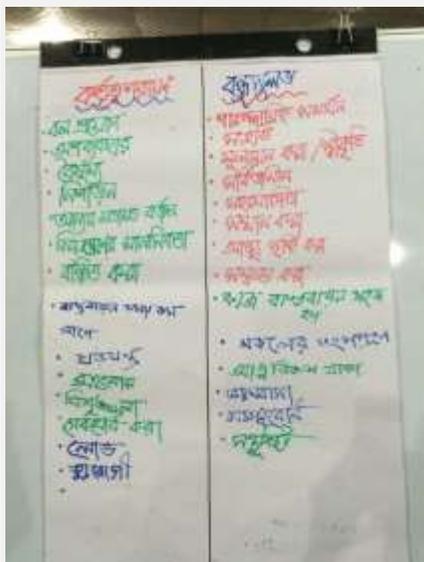
- 1) Review title of activity and objectives. Introduce the session by briefly sharing the flipchart that lists the words describing “Power Over” and “Power With.” Invite participants to add descriptors. **(15 minutes)**

Power OVER

Force
Abuse
Discrimination
Domination
Oppression
Exclusion
Control

Power WITH

Mutual support
Solidarity
Recognition
Sharing
Inclusion
Cooperation
Respect
Trust
Coordination



2) Ask participants to return to their role play groups from the activity: *Exploring Gender Myths* or form new groups by lining up by the letter of their last name. Form small groups of four to five members. **(5 minutes)**

3) Ask small groups to draw symbols illustrating “Power Over” and “Power With” by providing the following instructions. **(30 minutes)**

As extension providers, you are planning an activity for women and men farmers describing two types of power: power over and power with. Create a visual you will use to illustrate the differences between the two types of power using only symbols that represent power. For example, raised fist v. two hands shaking.

4) Bring the small groups back together to briefly present their drawings. **(20 minutes)**

5) After all presentations, ask the whole group the following questions. **(30 minutes)**

Which symbols best represent the two types of power for you?

Why is talking with men and women about issues of power challenging?

In what ways can we move from “Power Over” to “Power With” within the household and community?

Now What?

Putting the activity into practice. Ask the participants to return to their small groups and discuss how they see themselves using this activity in the field by responding to the following questions, ensuring that every group member has the opportunity to provide his or her response:

*As the trainer, in what **ways** and with what **audiences** could you implement this activity?*

*What **changes** might you need to make to the activity?*

Ask each small group to share **one idea** from their discussion with the whole group. **(20 minutes)**

References:

“Integrating Gender and Nutrition with Agricultural Extension Services” Facilitator’s Guide. USAID Integrating Gender and Nutrition into Agricultural Extension Systems (INGENAES), 2015. <http://dev.ingenaes.illinois.edu/wp-content/uploads/Gender-and-Nutrition-Facilitators-Guide.pdf>

Nurturing Connections – Helen Keller International Bangladesh p.p. 58 - 62.



Designed to be shared.

This work is licensed under a Creative Commons Attribution 3.0 Unported License. creativecommons.org/licenses/by/3.0

Prepared by Jan Henderson
Univ. of Illinois at Urbana-Champaign