

# How do you use your power?



*A violence-free childhood is everyone's right!*





How do  
you use your

**power**?



What do you mean?

Like electricity?



I just plug it in!



No...  
silly!

I mean ... The power to make  
choices, to make good  
decisions, to know things, to  
participate, to contribute... to  
choose how you feel .... to be  
a certain kind of person!





I would like to use my power to show people that I am tough. I want to be important and I want people to obey what I say ...



Ah... But real power is not like that. It is about earning respect and treating others with respect!



You have to be rich to be powerful like that...right?

You don't have to be rich. Everyone has power. It is how you use it that matters!



**Real power** is not about how other people see you... it is about how you see yourself!

It means you take responsibility for what you think, what you do, how you treat others and how you let others treat you.



Real power is about respect... not about being or looking important.



It is the kind of power that lives in your heart and in your mind. It goes with you wherever you go, and is visible in everything you do...



It is the power to change our environment, including our school.

And power to change our life!



*Exactly. **Power** is the ability to choose how you live your life!*



There are  
different ways  
of using your  
power...

1

You can use your  
*power within* you



2

You can use your **power with** others



3

You can use your **power to** do things



4

You can use your **power as** a teacher, friend, parent, or as a leader



5

You can also **abuse** your **power over** others to control and make others feel bad



How you use your **power** determines what kind of person you are. Follow me to learn more!



10



# power within...

The person who uses their *power within* does three things...



7

*They respect themselves. They take responsibility for their thoughts and actions.*

I know I want to go far and therefore I work everyday to make sure I am moving forward.





2

*They believe in themselves and think for themselves. They make their own choices instead of letting other people tell them what is good or right.*



3

*They respect others. They do not abuse their friends or teachers and do not tolerate others abusing them.*

I speak up if someone is not treating me right.





How you use your **power within** determines who you are and who you become!



# power with...



The person  
who uses their  
*power with* others  
does three things...

7

**They are leaders.** *They do not wait to be told what needs to happen. They show others by example.*





2

**They know the importance of using their voice.** They use their voice to make things better for everyone not just themselves.



3

**They know the importance of persuading others to join in.** They reach out to everyone and invite them to participate.



Exactly! Like when you wrote a letter to the head teacher to ask her to make sure everyone at school has access to drinking water.

I joined with my friends to make sure our classroom rules are followed.



... it helps you to feel that you belong at your school.

... and that it is your school too!



When you use your **power with** others, it feels good. You feel like you are contributing to making your school better.

When you use your **power with** others, you multiply your power...

$$P \times P = P^2$$

Now that's the kind of math I really like!



How you use your **power with** others shows who you are!

# power to...



When a person is in a position to help, guide or take action and... they do so, they are using their *power to* change things for the better. They know that...

1

*It takes courage to use your power to bring change. But the more you use it ... the more courageous you become!*





2

**They have to be willing to use their position for benefit of others.** As teachers or as a prefect they are willing to show by example how things should be.



3

**They have to find ways of getting past excuses to take action.** They work hard to find solutions.



Like when you see an older student bullying somebody and you speak up.



Or when you help others understand about **power** by reading this booklet to them.

When you use your power to do things that are hard, you become a role model to others.



The more you use your **power** to do things , the more power you find within yourself to do things... it's magic!

How you use your **power** to do something shows who you are!





# power as...

People who use their **power** as a prefect or teacher or whatever role they may be asked to play, know that...



**7**

***It is a special responsibility to use it well.***  
*You have to use it in the best interest of everyone who is affected by your power.*

We don't tolerate that in our school!

Psss!  
Psss!



2

You have an opportunity to bring big changes. People are watching and learning.



3

It takes fresh thinking to use this kind of power well.





**Power as** a teacher means they have a role to play in guiding and showing students what to do when they make poor decisions.

**Power as** a parent means they have a role to play to give their children guidance.



**Power as** a prefect means you have a role to play in showing other students the values of your school.

**Power as** a friend means you can help your friends make better choices at school and beyond.

We all have **power as** a brother, a sister, a parent, a teacher, a head teacher, a religious leader... It is important that we use it well and wisely.



How you use  
your **power as**  
shows that you  
are a leader!





# power over...

Sometimes some people **abuse** the **power** they have **over** others. They use it to make the other person fearful or to humiliate them. They may use it to shame someone or ... even hurt them.



Like when a parent beats a child who is asking for school fees...





Or when the teacher canes everyone when they don't understand...



Or when an older student shames a younger student just because they are bigger ...



Or when an adult in the community harasses you simply because you are a child and they are older than you...



When people abuse power over others like that, that is violence. When teachers and other adults abuse their power over children, they are committing violence against children.



When someone uses their power to make you feel scared or fearful, they are not using their power to help you grow as a person. They are abusing their power. They are committing violence against you.



When you use your power over to abuse others you show everyone that you are not powerful!

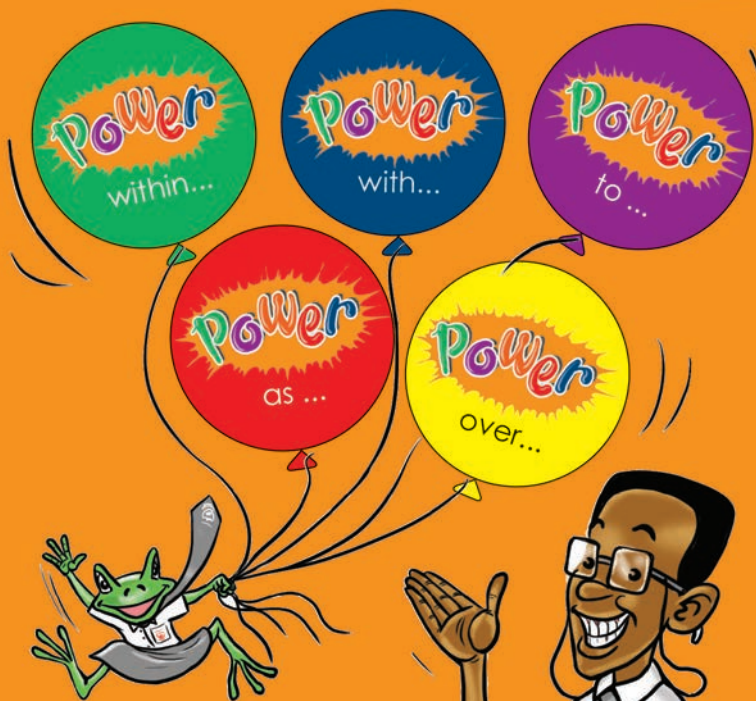


# So...is **power** a good thing?

**Power** is good!  
But like any good thing, it can  
also be abused. It is important  
that we learn how to use our  
**power** well.



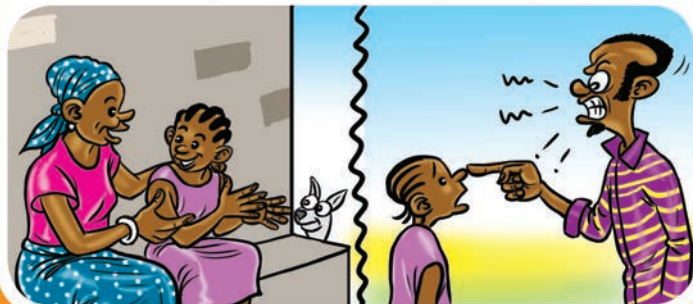
...d thing or a bad thing?



You choose how you  
will use your **power**!

# Once you have power.

Some people help you use your power and others try to take it away from you.



One teacher will help you use your power and another will take it away from you.





# ... will you always have it?

One friend will help you use your power and another will take it away from you.



In one place, you can feel powerful and in another you can feel scared and powerless.





But you can learn to take control of how to use your power and what to do when someone tries to take it away from you.





So how can  
you use more  
of your

**power**

... more of the  
time?

That's a  
very good  
question!



Here are **8** things you can do to protect your **power** as a person.



1



*Seek out people in your life who help you feel good. Let them know that you really appreciate them.*

If there is a person who has been nice to you, write her or him a letter telling them how much you appreciate them.



If there is a friend who is supportive, tell her or him what you appreciate about them.



Help people in your life feel good by helping them use their **power**. Remember that the more you share **power**, the more you have it.



Look out for a student at your school who may be struggling or feeling lonely. Help her or him discover their power.

If you have a younger sister or brother, reach out to them and talk about some of the ideas in this booklet with them.



3



*Always take a few minutes to think about how someone is making you feel. If you feel bad in someone's company or because of the way someone is treating you, ask yourself, how are they taking your **power** away from you?*

Write down or think about how people abuse their power to make you feel bad. Once you know, if it is an adult who uses power over you in an abusive way, try to reach out to another adult who is supportive and seek their help.



If it is a fellow student or a sibling who makes you feel bad, think how you can use the power within you to talk to them, to let them know that you expect them to treat you with respect.



4



*In an exercise book or somewhere private, write down ways in which you use your power: power within, power with, power to, power as.*

Try to find at least five minutes every day where you spend time thinking about how you are using your power.



Make a promise to yourself about how each day you will show respect to yourself.

5



*It is normal to sometimes feel powerless, especially if you are feeling sad, or scared or anxious. In those times, it is important to remember that no one has a right to make you feel bad. Only you have the **power** to choose how you feel.*

When you are feeling sad or anxious, ask yourself what is making you feel that way? What can you do to help yourself feel better?



Think of things you will say to yourself when you are feeling sad or lonely. How will you exercise your power within?

6



*It is important to keep reminding yourself at least three times a day that you are **powerful** and that how you use your **power** is up to you.*

Make it a habit. To say something positive to yourself when you wake up, or at night when you are about to fall asleep.



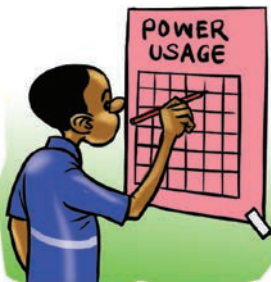
Whenever you can, try to be aware of the times when you feel good or powerful. Try to remember how that feels and what helped you feel that way.

7



Every day, make sure you use your **power** well. If you don't use it, you will lose it!

Set yourself a goal for the day or the week that allows you to use your power. This could be speaking up, or doing something that may require courage but is important to do.



When you complete your goal for a week, don't forget to reward yourself by doing something that makes you feel good about yourself such as telling your friend or a teacher that you feel proud of your achievement.



8



Remember that the more you share **power**, the more you have it. This means seek out any opportunity you can to teach others about what you have learned in this booklet. For example:



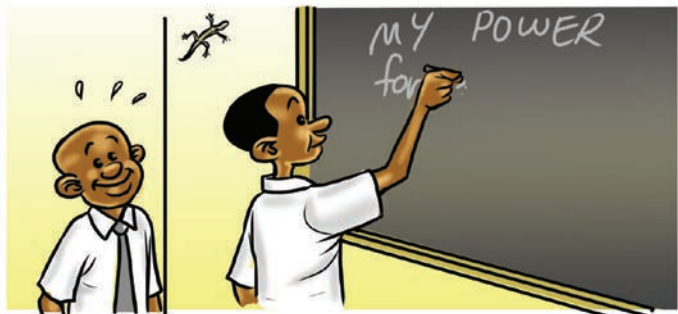
You can set up a booklet club at your school where you read this book with other students and discuss what it means for you.

You can share the booklet with your parents or siblings.





You can write one idea from the booklet every day on the blackboard in your class.



You can ask to speak about the ideas in this booklet at your school assembly.



You can write one important idea from the book on a piece of paper and share with your friend. Choose a different person every week to receive your ideas.



Use your imagination and think of other ways in which you can share ideas from this booklet or ideas that come to you as a result of reading or talking about this booklet.





*Is there  
anything else  
we can do?*

We all know  
who makes us feel  
powerful... and  
who makes us feel  
powerless.

We all know  
where we feel  
powerful ... and  
where we feel  
powerless.



Here are **two** things we must all do to help more people feel the power in their life.



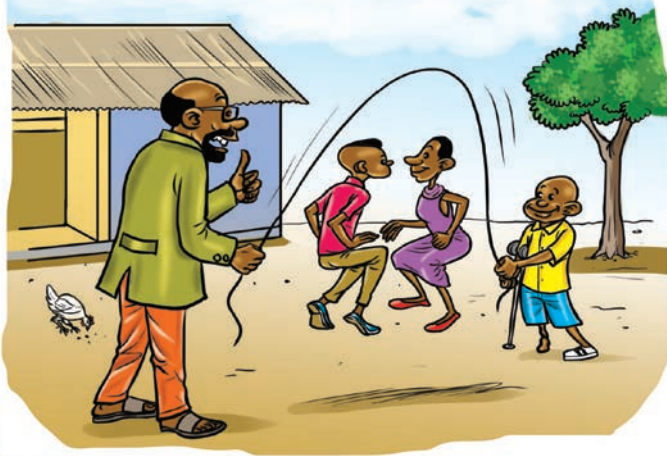
1.

We must create a good school; a place that respects everyone who is part of that school and helps everyone feel power in their life.



2.

We must reach out to parents and the community around the school to create violence free homes and communities.



When we succeed in doing these two things, more people, including you, will be able to feel power in their life!





power

is for sharing. The more you  
share, the more of it everyone  
will have!



fibasing  
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Reach out to Raising Voices  
and learn about the

**GOOD SCHOOL**  
Toolkit!



**10/** *Raising Voices*

Plot 16 Tufnell Drive, Kamwokya  
PO Box 6770 - Kampala, Uganda

Tel: +256 414 531 186

Email: [info@raisingvoices.org](mailto:info@raisingvoices.org)  
[www.raisingvoices.org](http://www.raisingvoices.org)

