



## Module 7: Expressions of Power

### Facilitator's Guide

This module will introduce four expressions of power.

#### During the meeting

- 1) Watch the video and discuss four expressions of power.
  - a. Power-over
  - b. Power-with
  - c. Power to (self empowerment)
  - d. Power-within (self-acceptance)
  
- 2) Ask the group one or more of the following questions:
  - a. Describe a moment in your life when you have felt power within (aka self-acceptance)?
  - b. Describe a moment in your life you felt power to (aka empowered to act)?
  - c. How do we impact one another's power to/power within?
  - d. How can romantic relationships become vehicles for power over also?
  - e. What are other examples where a person holds power over another?
    - i. Follow up: How does this person maintain that power?
  
- 3) Ask club members to take out their phones and fill out our survey about the module.

*Facilitator's note: Sometimes the issue of BDSM will come up in your conversation.*

*Sometimes power-with appears like power-over. One example BDSM roleplaying, where two equal partners exchange power in a sometimes sexualized, sometimes not sexualized way. This is called BDSM (bondage, dominance, sadomasochism) This means that both people agree to pretend a power-over dynamic in their relationship. This could look like "talking dirty," restraining someone, or sensation/pain play. This could be for a brief time with a clear ending or an on-going aspect of their relationship. This dynamic may look like power-over, but is power-with if each person willingly engages in this exchange without coercion. Safe words, play plan agreements, and debriefs are all ways that people can co-create power in a power exchange. Abuse can happen in BDSM relationships and online or in-person BDSM spaces can be a place that people prey on inexperienced people. The distinction between consensual BSDM and*

*coercive BDSM is when all people involved feel safe and empowered in their power exchange, in their bodies, and in expressing what is true for them.*

The clip of the speech by Racquel Willis is here here:

[https://www.democracynow.org/2020/6/16/imara\\_jones\\_black\\_trans\\_lives\\_matter](https://www.democracynow.org/2020/6/16/imara_jones_black_trans_lives_matter)

the speech starts at timestamp 32:30.

Mary P. Follett. "Dynamic Administration: The Collected Papers of Mary Parker Follett", ed. by E. M. Fox and L. Urwick (London: Pitman Publishing, 1940)

access the text here: <http://mpfollett.ning.com/mpf/follett-writings>