

Changemakers Workshop

PART 03



Welcome to Part 3 in the Take Action Lab Changemakers Workshop!

- 01 Finding My Flame:** Identify what you're passionate about and where to put your energy as a changemaker.
- 02 Looking at the Landscape:** Assess the resources, people and opportunities available.
- 03 Activating my Agency:** Explore the kind of role you could play and decide on the action you will take.

Part 3: Activating my Agency

What you'll accomplish:

- ➔ Recognize the safety aspects of taking action on an issue
- ➔ Identify your strengths and match them with possible actions
- ➔ Create an action plan for your first step!



Judgment free zone!

As you reflect on your own way forward, know that everyone has their own unique set of circumstances. What is right or possible for one person, is not always right or possible for another person.

Activity 1: Safety First

Taking action on an issue can come with risks. It's important to consider the risks that might be involved for you or others. There is a big difference between getting out of your comfort zone to learn vs putting yourself in danger. Keeping yourself safe should be a priority.

➔ Do some research to answer these questions:

- What are the local laws?
- What customs or norms do you need to be aware of?
- Is there any history of a young person working on this issue within your context? Does their experience inform your safety assessment?
- Are there any physical injury risks to you or to others impacted by your work?
- Are there any mental health or wellbeing risks to you or to others impacted by your work?
- What feedback can you get from others with more experience than you? (parents, teachers, community leaders, organizations etc)

➔ Once you've responded to the questions above, take a pause to read through your answers. With the context you've learned, how would you answer these last questions:

- Is this the right issue for you, right here, right now?
- How will you ensure that the actions that you take will not impact your safety and wellbeing or that of others?

Activity 2: Recognizing My Strengths

We'll continue to keep safety in mind as we move into these next activities that will help you match strengths and interests with actions that advance your chosen issue.

To start, take a look at the table below that describes some of the general approaches to taking action. Consider each one and tick the box to indicate whether that action is in your comfort zone (something that is more suited to your existing skills and interests), stretch zone (something that is less easy for you but you're prepared to work on it and learn), or "less likely" zone (it isn't a good fit for you right now).

DIFFERENT WAYS OF TAKING ACTION	COMFORT ZONE	STRECH ZONE	LESS LIKELY ZONE
<p>Creating You are filled with ideas of how to create art, music, poetry, or inventing things to support a cause or solve a problem.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Organizing Your strength lies in organizing a project from start to finish. You can identify potential problems that could arise and address them. You are flexible and work with others in decision making.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Campaigning You can rally others to join your project or movement. You find the most effective way to spread a message and share information within and outside of your movement. You may find a strength in raising money and raising awareness.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Supporting You utilize empathy and listening skills to support people on an individual basis. You pitch in to help others.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Teaching You are willing to take the time to sit down with others and pass on your skills. You listen to the needs of your community and can share your knowledge and skills with others.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Doing You are ready to take direct action related to your cause. You take your own initiative and you show up, speak out, pitch in, join forces with others and act.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 3: Exploring Different Types of Actions

Still keeping safety in mind, we're now going to brainstorm some specific actions you might take for each of the categories above. We've added a couple examples below to help you get started. Can you fill out the rest of the chart?

	EXAMPLE 01	EXAMPLE 02	YOUR IDEA 01	YOUR IDEA 02	YOUR IDEA 03
CREATING	Developing a podcast to interview those affected by an issue	Creating an app or other tech solution to address an issue			
ORGANISING	Gathering friends to organize a fundraising event	Calling upon local collectives to collaborate on a beach clean up			
CAMPAIGNING	Using social media as a tool to share information	Creating a petition and email campaign			
SUPPORTING	Asking a friend how they would like to be supported during a busy fundraising campaign	Training in peer support and becoming a peer counselor			
TEACHING	Sharing tools and resources within your organization about how to internally minimize gender disparities	Recognizing a language barrier others are facing and facilitating language lessons			
DOING	Attending a campaign event in your local area	Taking part in a tree replanting initiative			

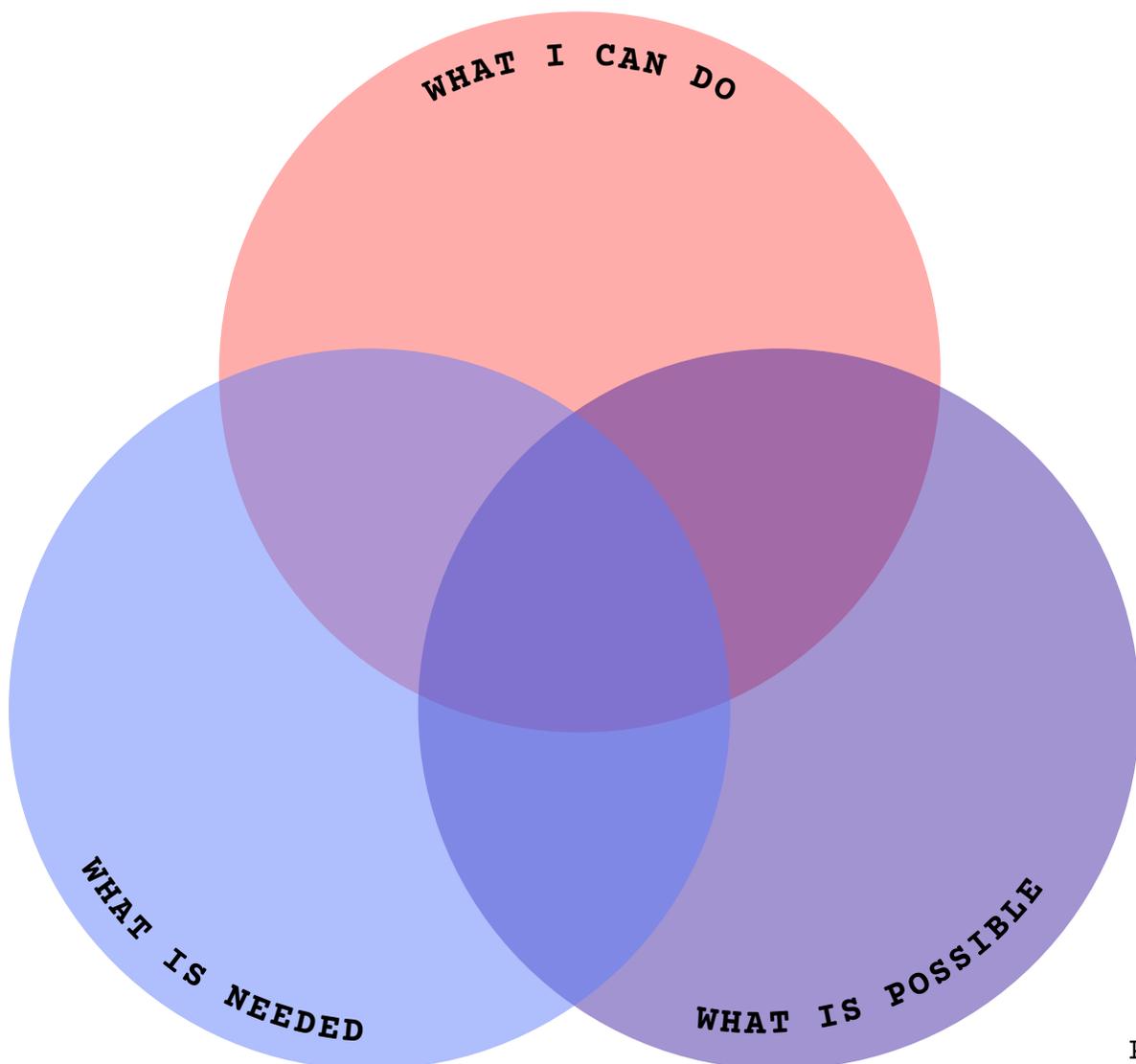
Activity 4: Matching Action and Need

When it comes to being a changemaker, the sweet spot you're looking for is found at the intersection of these three things:

- ➔ What you can do
- ➔ What is needed
- ➔ What is possible

Look at the table full of possible actions you've just created and take a moment to appreciate the many action ideas you generated AND (very importantly) the layers of thoughtful reflection behind each one. You've come such a long way!

Of all the action ideas you came up with, which one(s) fall into the sweet spot at the center of this venn diagram?



Activity 5: Taking the First Step

Lao Tzu: “Every journey begins with a single step.”

Here we are, at the final activity! You’ve already accomplished so much by digging deep to better understand your issue and yourself. This work is the foundation for creating a responsible and sustainable impact.

Now it’s time to put your plan into action... one step at a time. Here’s some helpful advice for you as you begin the next stage of your journey:

- ➔ **Start small.** Every little effort counts and there's a reason we invented steps.
- ➔ **Stay humble and ask for feedback.** This is a learning journey! If at first you don’t succeed... reflect on why, adjust, and get back out there.
- ➔ **Don’t get discouraged** by people pushing back or saying no to your requests. That’s normal, not personal!
- ➔ **Find your friends and supporters.** Solving problems is not a solo endeavor.
- ➔ **Take inspiration** from all the changemakers and activists out there. Follow some for regular updates!

HThink about the coming week ahead. What action can you commit to taking in the next seven days?

- ➔ What are you going to do?
- ➔ Who are you going to talk to?

TAKE ACTION LAB

Thank you for joining us!



If you enjoyed this workshop, you're likely a great candidate for Take Action Lab, our immersive learning program where students learn how to create a meaningful impact on human rights issues during a semester in South Africa.



APPLY NOW



[TILTINGFUTURES.ORG/APPLY](https://tiltingfutures.org/apply)