



What about power?

We all have power over our lives to choose what we do and how we act.

We cannot own power and we are not born with it. We can see power in use through our actions, our choices and the way we talk.

Power can be used and abused. We can use power in many ways. And we can all, at times, use power badly.

Power is affected by:

- personal choice – like choosing the way we want to act or the music we want to listen to
- the positions or roles we have – you could have power as a captain of a netball team or as an older brother or sister
- social factors – how you behave and the type of power you use with your family can be very different to how you behave with your friends
- our understanding about what is 'right', 'fair' or 'just'. We can make a choice to change things we think are unfair (or choose to allow them to happen).

Bullying, harassment, discrimination and violence are all abuses of power.