



Facilitator Guide

Module 7: Expressions of Power

[SQUINCH Curriculum](#)

[Module 7: Video](#)

[Survey link](#)

Goals:

Learn about four expressions of power

Discuss power-over vs. power with

Explore the connection between-power within and power-to.

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 BDSM 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
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>