

# DO WE USE POWER 'OVER' OR POWER 'WITHIN' ?

**Power 'over'** - Persons who rely on 'power over' others think of power as limited and finite, so they fear losing their power if someone else attains power. They may use intimidation or force to maintain power (e.g. area dons; autocratic parents and autocratic leaders).

So - when girls and women strive for power, some boys/men become fearful and abusive.

**Power 'with'** - collective power: for example, when a group, or persons in a relationship, pool their strengths to tackle a problem together.

**Power 'within'** - resides within us and is infinite! It's internal strength based on our knowledge, experience and self-worth... having **autonomy** to make **choices**, to access **opportunities** and to **influence** our environment. This is **empowerment!**

When we are empowered we do not fear others, we accept and respect others.

The **display of power** may be **visible** or **invisible**.

- **Now reflect on how you use *your power!***



**Spotlight  
Initiative**  
To eliminate violence  
against women and girls

