



How to Make Social Change Happen

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All these rights were won through political organising, mass protest and civil disobedience.

TRANSFORMING POWER



Shifting from “**Power-over**” to:

- *power-with-others* - influence & take action by uniting with others based on solidarity and cooperation.
- *power-from-within* - ability to take action based on conviction & intention

Based on Theatre of the Oppressed, A. Boal

ACTIVISTS' COOKBOOK



There isn't a set recipe, but there are some ingredients that are always needed.

Finding the balance between building movement structure & mass protest is key ([Momentum Theory](#))

Let's use the [Climate Strike Movement](#) as a case study.

MOVEMENT STRUCTURE



- National meeting last weekend
- Creating a structure that links regional to national
- Autonomy, yet culture & strategy standardised
- Answering Q's as they arise - finances, partnerships
- Skilling up movement
- Absorbing new participants & increasing their engagement

Taking it to the Next Level

Escalation

A national strike with multiple partners?

Symbolic Win

Increase movement & escalate further

Polarisation

Forcing people to pick sides based on values

Outcome: Strong CO2 law?
Prevention of motorway expansion? Election results?

See you in the streets!





STAND UP IF:

- You identify as a women & have ever voted
- You work 8.5 hours a day
- You have ever used contraception
- You have taken a weekend
- You have been on strike
- You identify as a women & have ever worn trousers