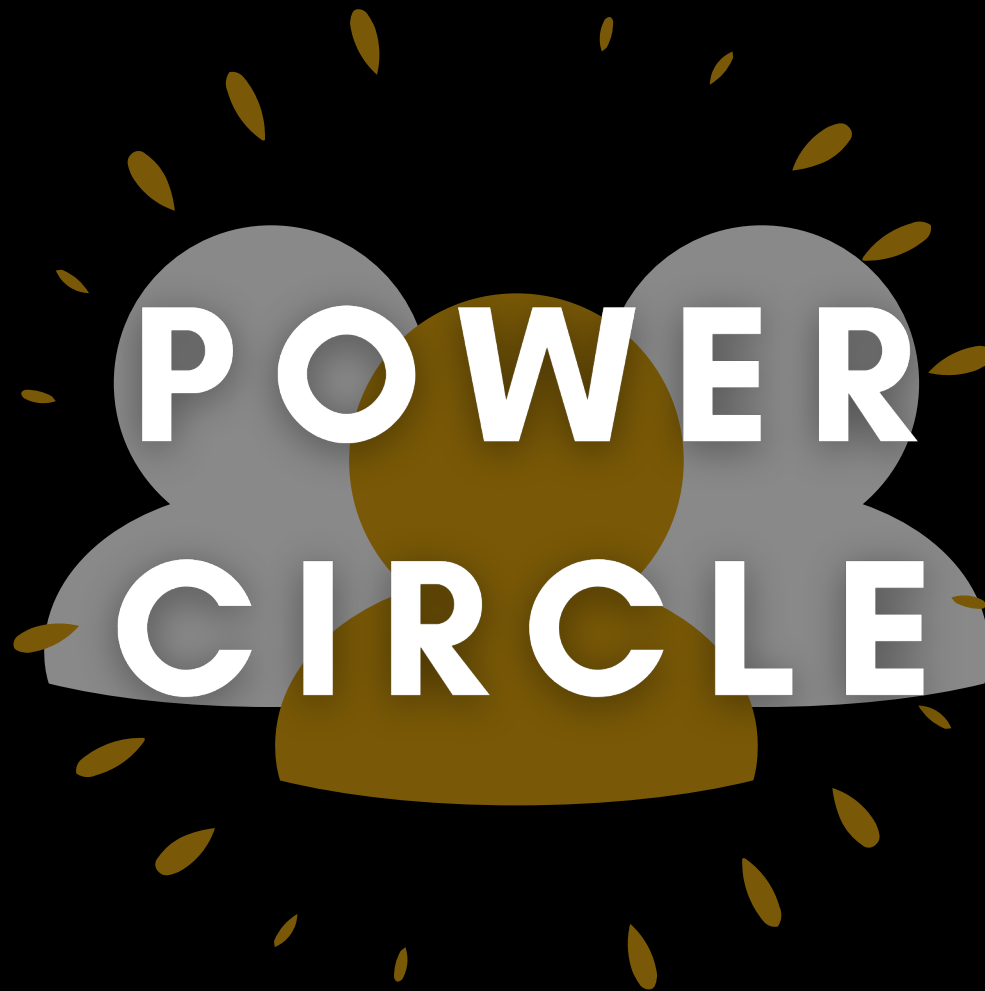


TAKE BACK THE POWER PRESENTS



A safe space where young people can anonymously share stories that hold power or control over them



What is a Power Circle?

The Power Circle is a safe space that we've created where people can anonymously share stories that hold power or control over them. In sharing personal experiences, we believe it will help individuals to take that step in overcoming their traumas and begin their journey of healing.

A Power Circle is a community resource that we as TBTP hope to share with as many people as possible. It is mainly a space where young people can have conversations around 'taboo' topics.



Why are we doing it?

Some people may not have a trusted adult to turn to or even confide in. As young people, we believe we can hold these spaces ourselves without having to rely on adult professionals or therapists who we often feel disconnected from, and who we find hard to trust.

This is a structural resource to help explore difficult conversations, and something that is accessible for young people in the community. It is a form of community support that benefits both the facilitator and the participant.



Where did it come from?

The Power Circle is centred around 3 points from our Call To Action (CTA) :

1. **Emotional Amnesty**: young people need to talk to people who 'get it', without fear or punishment
2. **Critical Understanding**: young people can take control of their own lives when they have the tools to understand what is going on, and know the power they have
3. **Mindset Change**: young people need to understand that there is more to life than this



Who is it for?

This space is for anyone aged 14 - 25 with lived experience of any of the topics we discuss.

Power Circles will be likely to cover topics such as mental health, racism, youth violence, etc.

How do I get involved?

We are currently holding these spaces online (zoom) and will release sign-up forms closer to every session. We run sessions for groups of 5-8 young people at a time so make sure to keep an eye out on our page for when these forms are released!

