

Using Your Power

The video "Using Your Power" shows role models talking about the importance of discovering your power and stepping up to take control of your life. They teach listeners that everyone has the power to speak up and enact change.

Try This!

Imagine you are using your power. What do you do? What do you say? Think of two situations where you could use your power. Draw one situation in each box below, then answer the questions that follow.

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Using My Power

Describe your pictures. How are you using your power?

Why do you think it is important to use your power?

Bonus

You can use your power in all areas of your life. How might you use your power at home? At school? With your friends? In your future career?
