

Empowerment/Skill

Working together as a group

We have more power with others because there is strength in numbers. If we assert our rights as a group, the government is more likely to listen to us. But we need to be able to trust other people in order to work together.



Empowerment/Skill Self-Confidence

We all need self-confidence in order to speak up for ourselves. Self-confidence means believing in yourself and your abilities. It is having power in oneself.



Empowerment/Skill Agency

Agency is the power to make decisions over our own lives.



Empowerment/Skill Control

Control is having some power over our environment and situation.

