

Body Mapping Power

🕒 **Time required:** 2 hours

👤 👤 **Number of participants:** 2-4 is optimum. Maximum 10. Divide up larger groups.

📦 **Materials required:** Scissors, paper or card, different coloured pens, glue or masking tape

What is Body Mapping and why use it?

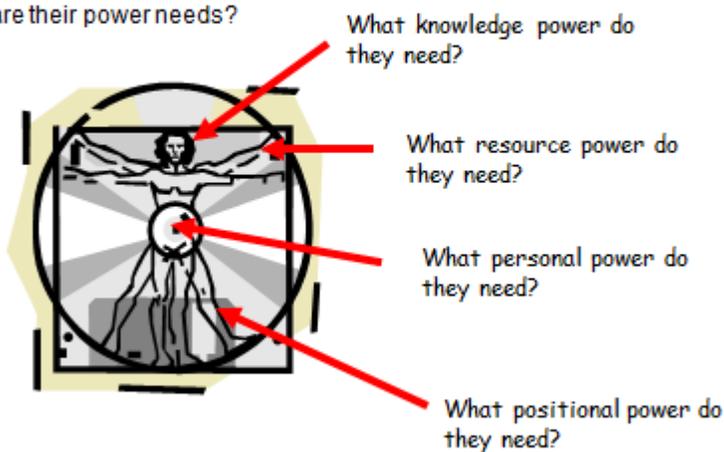
A participatory tool to understand the different types of power people have or need in a given context:

- ➡ Identify a major current issue your programme is trying to address e.g. healthcare
- ➡ Identify one of the primary beneficiaries in your project e.g. healthcare for rural women
- ➡ For each type of power (resource, knowledge, positional and personal), brainstorm all of the different things which can empower them to claim adequate healthcare
- ➡ Tip: consider invisible and hidden power, not just visible powers they need
- ➡ Map these on a body map

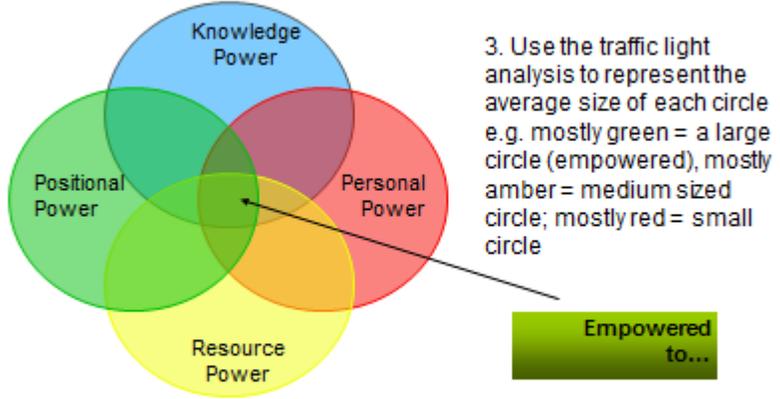
1. Body mapping empowerment needs

In relationship to the issue brainstorm

what are their power needs?



3, 4, 5 How empowered are people?



4. Identify what activities you are currently doing for each circle to empower people

Place of power	Local/HH	National	Global
Faces of power			
Visible	Advocacy for reserved council seats for women	Advocacy for reserved parliamentary seats for women	
Hidden		Leadership programmes & monitoring women's active & influential participation in decision-making	
Invisible			



What activities are you doing to address this persons resource, positional, knowledge and personal disempowerment?

Place of power Faces of power	Local/HH	National	Global
Visible			
Hidden			
Invisible			

Place of power Faces of power	Local/HH	National	Global
Visible			
Hidden			
Invisible			

Place of power Faces of power	Local/HH	National	Global
Visible			
Hidden			
Invisible			

Place of power Faces of power	Local/HH	National	Global
Visible			
Hidden			
Invisible			



Identify activities to address resource disempowerment

Place of power Faces of power	Local/HH	National	Global
Visible	Advocacy for reserved council seats for women	Score cards, participatory budgeting, advocacy etc.	Advocacy for global funding for MDGs 1,3,4,5
Hidden	Ensuring women's influence in project committees	Gender sensitive budgeting	Campaigning G8, or for tax justice etc.
Invisible	Gender synthesis approaches to livelihoods, CCR etc.	Addressing cronyism and corruption	Expose the Illuminati, CIA cover ups etc.??



1. It will always be relative to the power this 'primary stakeholder' has. So the first step is to ask groups to consider 'what power does the primary stakeholder have to address the issue?'
2. [Tool 1: Body Mapping Power](#) can help participants to identify this.

What resource power, knowledge power, positional power (within society) and personal power (sense of self-worth) do they have with regards to the issue?

Tips for facilitators

- **Power is always relative and according to a specific context.** So ask participants to focus on the power stakeholders have with regards to the primary stakeholder and the specific issue.
- **Be specific, don't bundle actors together** e.g. is it the District Council who is resisting change or is it actually a particular individual, procedure, behaviour or policy within the council that is blocking change?
- **Encourage participants to be honest and focus on how power currently is**, not how it is supposed to be, or how they want it to be e.g. there maybe a law protecting the primary stakeholder, but is it applied consistently and justly? .

How can I learn more about power?

- There is an online resource on power at the [Programme Learning Blog](#).
- Technical assistance is available from your regional Programme Performance Advisor and the Power and Governance Advisor.

Programme Performance advisors

Power & Governance Advisor	Charles Gay cgay@christian-aid.org
LAC	Caroline Garcia cgarcia@christian-aid.org
Africa	Samuel Cumpstey scumpstey@christian-aid.org
AME	Anugrah Abraham AAbraham@christian-aid.org

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PO Box 100, London SE1 7RT • Telephone: 020 7620 4444 • Email: info@christian-aid.org • www.christianaid.org.uk

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