



## Social Transformation

**Framing:** This activity is part of series from the training “Building a Foundation: An Introduction to PAR” that looks at individual principles of PAR. It can also be used by itself as a starting point for exploring the process of social transformation and the need for communities to be at the center of creating change. If you would like more resources on all of the principles of PAR, please consider one of the Overview of PAR activities.

**Time:** 10 minutes

**Materials:**

“Nothing about us, without us, is for us”-- written up somewhere all the participants can see.

**Group Size:** 3 or more

### Activity

**Framing:** Discuss the quote and connect it to previous discussions on PAR principles. This helps participants understand how social transformation is a process initiated by and rooted in community.

**Action:** **Facilitator B** display and read the quote "Nothing about us, without us, is for us." **Facilitator A** guide the discussion.

**Talking Points:** **Facilitator A** read the quote used by indigenous Australian activists, South African activists and others: “Nothing about us without us is for us.” Think about how you know what’s best for you? How do you know what your needs are?

**Guiding questions:**

What does it mean?

What can you think of that is supposed to be for you but was developed without you?

How does this relate back to the migration stories?

How does this relate to our work?

