Name of Activity: Frameworks for Creating Change, Option B: Cycle of Liberation

Purpose: The purpose of this activity is to identify actions for personal and social change at the interpersonal and institutional level.

Time Needed: 45 minutes

Preparation Needed: Participants and facilitator(s) read Bobbie Harro’s “The Cycle of Liberation” (see recommended readings below)


Risk Level: Low-risk

Procedure: The participants should read, as an assigned homework reading assignment, Bobbie Harro’s “The Cycle of Liberation” (see recommended readings below). Invite the participants to share out their main takeaways from the reading. Then explain that the group will now be going a little more in depth with the concepts. Pass out the “Cycle of Liberation” handout. Spend 5–10 minutes reviewing the Cycle of Liberation, clarifying key concepts and providing examples. Highlight the three stages that will be used to structure the activity: Empowerment of self, building community with others, and transforming institutions and organizations.

Divide the class into three groups and assign each group one of the stages of the Cycle of Liberation. Explain that they will have eight minutes to brainstorm examples of actions they could take at their level and what kind of support they would need to be successful. They will have a handout with discussion questions to help them do this. Explain that they will make notes on their newsprint to share with the class.

Pass out the discussion questions handout and tell them to begin. Float among groups to provide support and give time checks as necessary. Once the brainstorming period is complete, ask each group to post their newsprint and share out to the class for five minutes. Once all groups have shared, praise the groups for their contributions and summarize the themes.

Facilitation Notes: The Cycle of Liberation can be a fairly complex concept for some participants to comprehend in such a short amount of time. Having a variety of relatable examples on hand is helpful.

Accessibility Notes: None
**Recommended Reading (Participants):**

**Recommended Reading (Facilitators):**

**Credits:**