

# DEMAND CHANGE THE OF CHANGE HEART



Minnesota Coalition Against Sexual Assault

## CIRCLE BASICS

ALONG WITH WORLD PEACE THE ONE THING I'D WISH FOR  
WOULD BE THAT EACH PERSON COULD HAVE THEIR VOICE  
HEARD WITH THE POWER OF THEIR FEELINGS HEARD AND  
RECOGNIZED.

- SEAL, NPR INTERVIEW, SEPTEMBER, 2003

### **CIRCLE NOT JUST A TECHNIQUE**

- ♥ From Indigenous people around the world – circle is a way of life
- ♥ Circle is a way of being with each other; connected, recognizing interconnections; recognize and honor that while connected we are also individuals and respect those differences

### **CIRCLE KEEPER**

- ♥ Trained & mentored in “circles”
- ♥ Prepares the circle & participants as needed, ask the questions,
- ♥ Introduces the talking piece and its meaning/story
- ♥ Provides values/common courtesies/basics of the circle as needed
- ♥ “Keeps the circle” – rather than controls it

### **WELCOME: COMMON COURTESIES**

- ♥ Brief Responses – keep in mind need and value of hearing from everyone
- ♥ Speak from the heart (honest, in a way that respects others)
- ♥ Listen from the heart (with respect; honors talking piece and all voices)
- ♥ Create safe space for all voices (not just the most vocal or dominant)
- ♥ Stay in circle
- ♥ Speak for yourself
- ♥ Equality of all in circle; each voice, each perspective, all feelings matter
- ♥ What comes out in circle, stays in circle (alternative: agreed upon statement)

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## TALKING PIECE

- ♥ Something of meaning
- ♥ Moves clockwise (across the heart) in order around the circle, from one person to the next
- ♥ Wait until your turn to speak which is when the talking piece reaches you
- ♥ Person can pass – no obligation to speak
- ♥ Speak only with talking piece reaches you at your place in the circle; when you don't have the talking piece listen

## WHY TALKING PIECE?

- ♥ Foster balanced discussion
- ♥ Value all's point of view
- ♥ No one person dominates
- ♥ Respectful pace
- ♥ Helps other listen
- ♥ Talking Piece is much more than a gimmick or prop – helps with trust and collective sense, promote equality.

## POSSIBLE CORE QUESTIONS/OUTLINE

- ♥ Opener (Name, reason you are here in this circle today)
- ♥ Tell us about a time that you were inspired to take some type of preventive action (this may or may not be related to a sexually harmful, abusive or violent behavior or practice – it may be to something more general). Who or what inspired you to act and why.
- ♥ Tell us about a time that you were motivated enough to **demand a change**.
  - ♥ What happened,
  - ♥ what motivated you,
  - ♥ what did you do
  - ♥ what was the outcome
  - ♥ What inspires you or motivates you to keep on with this work?

## CLOSING

- ♥ The circle keeper will also close the circle perhaps with a story, quote, reflection or summary.