






## The “occupy movement”

 <b>TIME</b>	<p>10 minutes</p>
 <b>No.</b>	<p>Any number of participants</p>
 <b>MATERIALS</b>	<ul style="list-style-type: none"> <li>• The body, especially arms and hands</li> </ul>
 <b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To create common signs to regulate debates;</li> <li>• To allow a fair flow of speech;</li> <li>• To give tools to express one’s feelings without having to verbalize them.</li> </ul>
 <b>INSTRUCTIONS STEP BY STEP</b>	<ol style="list-style-type: none"> <li>1. Define with participants the elements that seem essential in the speeches. For example: <i>Having silence when several people speak at the same time/Ask one person to speak up if they cannot be heard;</i></li> <li>2. Define signs together that each participant can reproduce to ensure that these requests are met. For example, to ensure silence, ask participants to raise their arms above them in the shape of a triangle. To speak louder, invite them to wave upwards with their hands, etc.;</li> <li>3. You can also define signs in relation to the feeling. For example: <i>I agree/I no longer feel safe in the group;</i></li> <li>4. If you have a Polaroid, take pictures of these signs, and stick them on a poster with their meaning.</li> </ol>



## DISCUSSIONS

- To debrief, you can explain how important it is to respect our basic needs for safety (physical, emotional, regarding identity, basic human rights, etc.), literally in every social interaction. To keep or break these rules can be crucial in any kind of social situation. The aim of the exercise is to remind us how easily we tend to forget about our own safety and suppress body signs which tell us: “Watch out, you are crossing your own boundary!”;
- The exercise helps sensitise us to the importance and complexity of the concept of safety, and to become more conscious of how to protect ourselves, notice our own boundaries and respect those of others. In the debriefing, you may want to take the time to name all the possible “ghosts” in the training room, such as diversity (age, gender, nationality, social status, skin colour, etc.), power positions. You may want to mention how your own position as facilitator (identity, roles, responsibilities, power) is present in the room;
- The questions of inequality, power and status differences may or may not come up directly. If you have a diverse group in which you expect that these dimensions will come up, suggest that the group invent some rules that would ensure equality. This can refer to equality of turns (members of lower status groups may be less inclined to speak up in group), but it can also concern expressions of stereotypes, prejudice, discrimination, and racism. Explore with your group how you can work together to ensure that learning is possible without putting members of different minorities into uncomfortable situations;
- The aim of ‘Safety Rules’ is to cover everyone’s personal needs and sensitivities and create a democratic, horizontal and inclusive safe space for everyone.



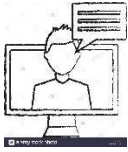
## HINTS

Be aware that certain signs that are supposed to be benevolent and regulate debate can become excessive if they are misused. For example, if one participant criticises another participant and the others nod in agreement, it can be experienced as aggressive or unpleasant for the person being criticised. If a person is too shy to speak in front of the group and all hands ask him or her to speak up, this can cause anxiety. In all cases, take care of everyone’s sensitivities.

You can suggest to define signs for the following:

- I agree — I stop and I suggest — Let’s relax;
- Already said, too long — Speak louder — I don’t agree;
- I want to speak — Ask for clarification — Technical point.

“The Occupy movement hand signals are a group of hand signals which are used instead of conventional audible signals, like applause, shouts or booing because they do not interrupt the speaker.” [https://en.wikipedia.org/wiki/Occupy\\_movement\\_hand\\_signal](https://en.wikipedia.org/wiki/Occupy_movement_hand_signal)



**THIS ACTIVITY  
ONLINE**



**THEORY**

Addressing topics such as intimacy or sexuality can be sensitive, especially if it involves participatory activities where everyone is invited to participate and/or share. Therefore, we propose to create a safe space through three activities: the creation of shared safety rules, an occupy movement and a safety symbol. They can be done separately, but they are even more effective and relevant if they are done one after the other. They ensure that everyone's word is respected during debates/ exchanges.

The safety rules and the meeting gestures will also have the advantage of promoting a horizontal workspace, allowing the creation of common rules. They also allow a better circulation of power: everyone is free to recall the rules established together and to moderate the debates, both participants and facilitators.

