

HANDOUT:**It's all connected**

Dominant systems of power rely on fear, coercion, and the threat and use of violence to prevent change and silence dissent. Fear becomes a political and easily internalised tool for control and creates what observers might read as apathy or acquiescence.

This violence is systemic and structural – it plays out amongst us, in public and in private and in our families, culture, and politics. We absorb it in our bodies and minds. Context, gender, race/ethnicity, class, location, and so many other factors define its contours, but the violence is universal.

But violence is not invincible. We can prepare for the conflict generated by standing up and speaking out. Anticipating backlash and violence helps us to continuously build alternative kinds of relationships while preparing for the many challenges and risks our change-making will generate.



They tried to bury us. They did not realise that we were seeds.

- Protest poster