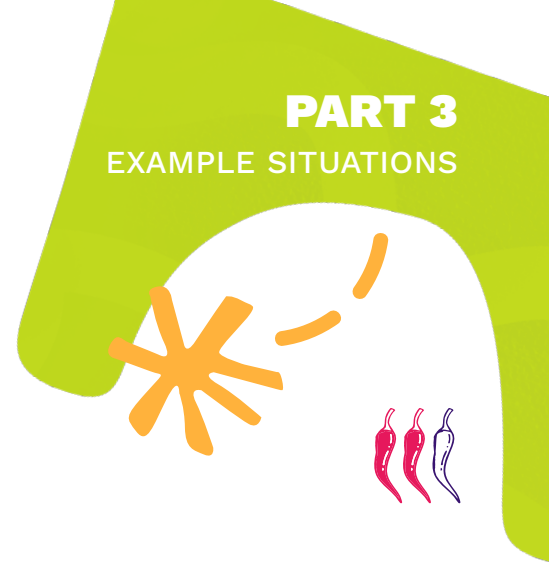


Exercise 1D

CHOOSE A CAMP



SITUATION

Communication: talking about feelings, expressing frustrations, sadness, anger, etc.



PARTICIPANTS

At least 6 participants - variable



MATERIAL

- **Appendix 1:** Example situations per topic - print once
- Large training space
- **Appendix 2:** What can I do?
- Social map per province
<https://vorm-dc.be/tools/provinciale-sociale-kaart>



TIME

30 minutes

OBJECTIVES

- Share what a given situation feels like to you
- Identify your own feelings
- Dare/be able to express your own feelings
- Experience equality between colleagues through exchange

Please note: for groups with **a safe feel**, we use the following methodology.

Exercise 1D



SEQUENCE

The trainer:

- Creates 3 (potentially 4) camps by hanging the following sentences in various places:
 - “No big deal”. I do what’s asked of me without reacting.
 - I don’t feel good about this; I don’t like what’s being asked and talk about it with the client.
 - This is absolutely not okay. I’m going to stop working for this client and I’m going to go to the office. I want to talk to my boss.

D (optional): when you want to teach the group more about seriously inappropriate situations.

 - I am taking this to the police/public advocate/etc.
- Reads random example situations out loud to the group ([Appendix 1](#)).
- Lets each participant assess the situation and choose a camp by standing next to an appropriate statement.
- After each situation, you can opt to have (short) reflection conversations with the participants either in the group or individually and go into it in greater depth.
- The participants can share personal stories if they want.
- Can provide additional tips or further explanations to the group.
“What can I do?”. (see [Appendix 2](#) and the link to Vorm DC’s social map).