

Values clarification exercises - a method of making you aware of your own thoughts and feelings *

Offer participants a chance to

- Reflect and take a stand
- Formulate their opinions
- Justify their standpoint
- Be listened to and listen to others

The aim is never to establish what is right and what is wrong!

The Hot seat

The participants sit on chairs in a circle and one chair is left empty. The leader has prepared 10 – 12 statements on a topical theme. These may express publicly held opinions, prejudices or be just simple statements on the topic. The aim is to invite reflection and discussion.

- If you agree with the statement, you get up, cross the floor and sit down on an empty chair
- If you do not agree, you remain seated
- If you're hesitant, you remain seated
- If you want to change your decision, you can always get up and take another seat

After each statement, two or three persons are asked to give their reasons for going or remaining.

- The leader calls upon the person to speak
- Everyone must be offered a chance to speak
- Avoid discussions between two people
- The leader remains neutral to the opinions expressed
- There are no answers in value exercises

Some examples of statements that we use in The Hot Seat value exercise on DV

- I do not think anyone deserves to be beaten
- I believe that any woman can be abused
- I think it is common that an abused woman who leaves her abuser meets with a new abuser
- I think that an abused woman who wants help but refuses to report her husband to the police partly has herself to blame
- I believe that men who batter have often been abused during childhood
- I believe that men are more aggressive than women on biological grounds
- I believe that it is possible to prevent domestic violence

Value exercises leave a lot of relevant but unanswered questions hanging in the air. These have to be addressed and, to our experience, this is best done during a following lecture.

* *Rubble and Roses – a guide for working with girls groups. Katrin Byreus-Hagen and WOCAD. Text & Original/Råd & Resultat in Ljungby AB 1996.* <http://www.byreus.com/english.php>