

Name of the technique: **Theatre of Oppressed**

Minimum number  
of participants: 2

Maximum number  
of participants: 30

## Objective of the technique:

Make participants aware of the oppressive forces that act upon them, by deconstructing power structures

## Specific context requirements:

- Enough physical space for theatrical production
- No physical space between “actors” and “audience”
- Existence of a neutral facilitator
- Safe environment for sharing personal ideas and experiences

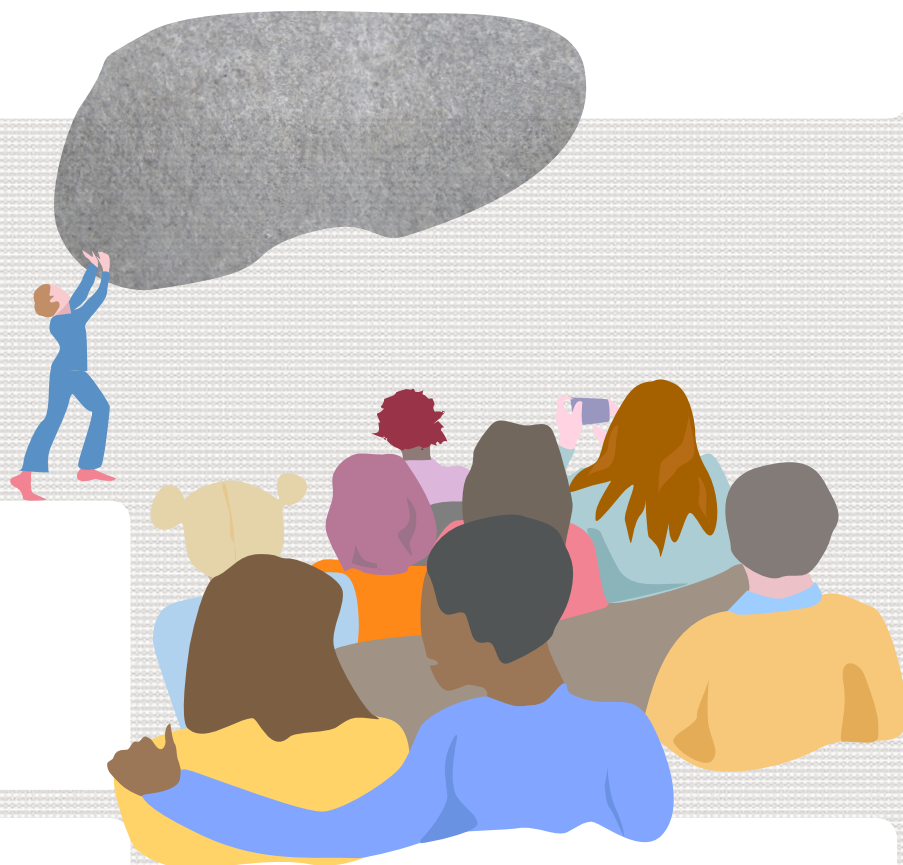
## Instructions step by step:

A member of the audience shares a personal or closely related experience that has a negative impact in his/her life, or:

- The facilitator divides the groups into sub-groups and they list the daily conflicts they consider the most disruptive. They share the list in plenary
- Each sub-group selects a conflict and they prepare a narrative that reflects their selected conflict. The scene is presented in front of the audience, who can stop it whenever they want to include modifications
- The audience’s suggestions should include potential solutions to the conflict, which are to be dramatised by actors

## Required materials:

- Imagination
- Pens and paper
- Props related to the problem
- Music/sound system



## Advantages:

- Increases solidarity and awareness
- Fosters empowerment
- Creates empathy towards the oppressed
- Encourages creative solutions

## Disadvantages:

- Participants with no theatrical experience may be reluctant to enact their scene

## When to use:

- Interpersonal conflict. Eg. harassment, gender bias in the classroom