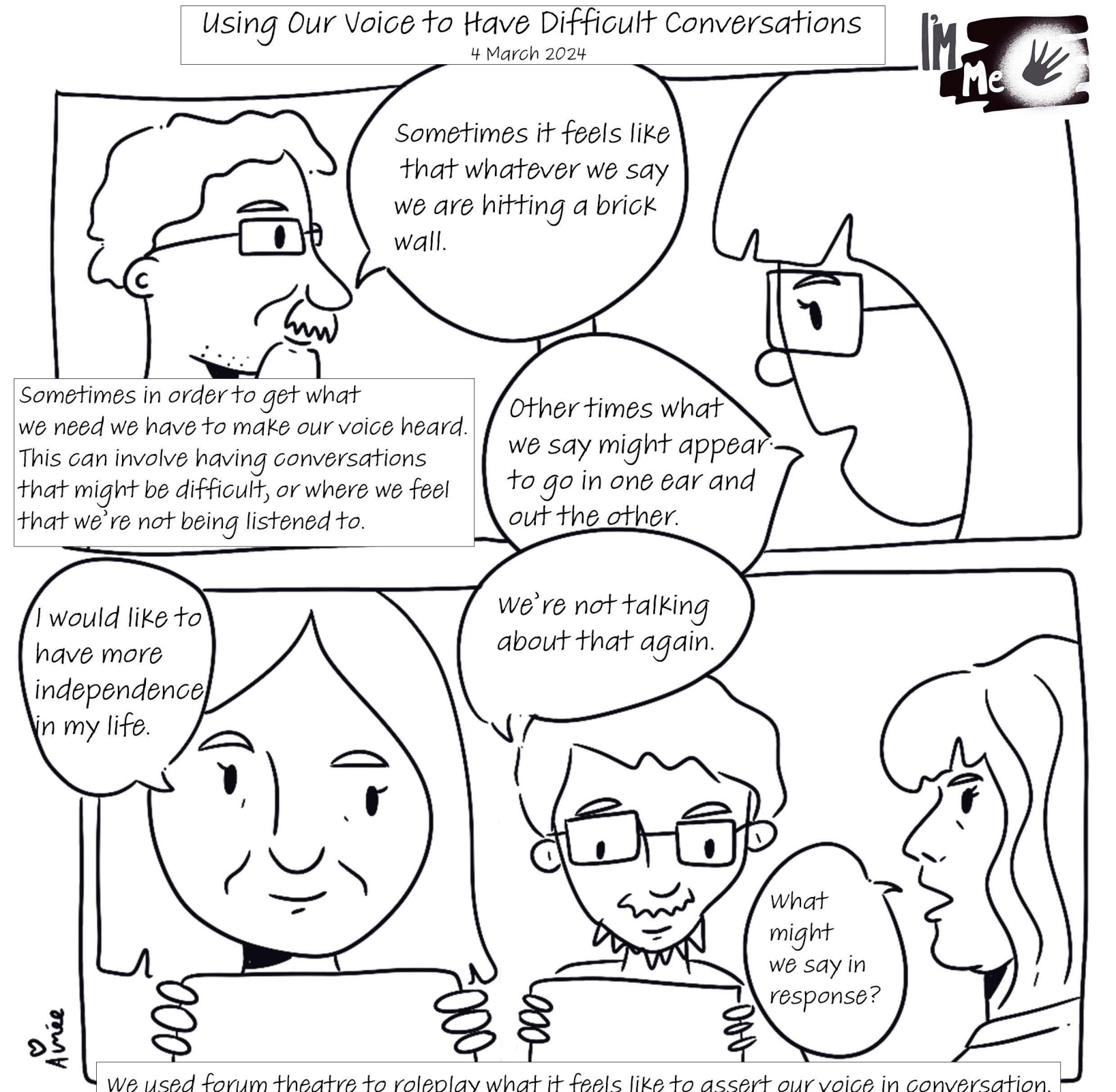
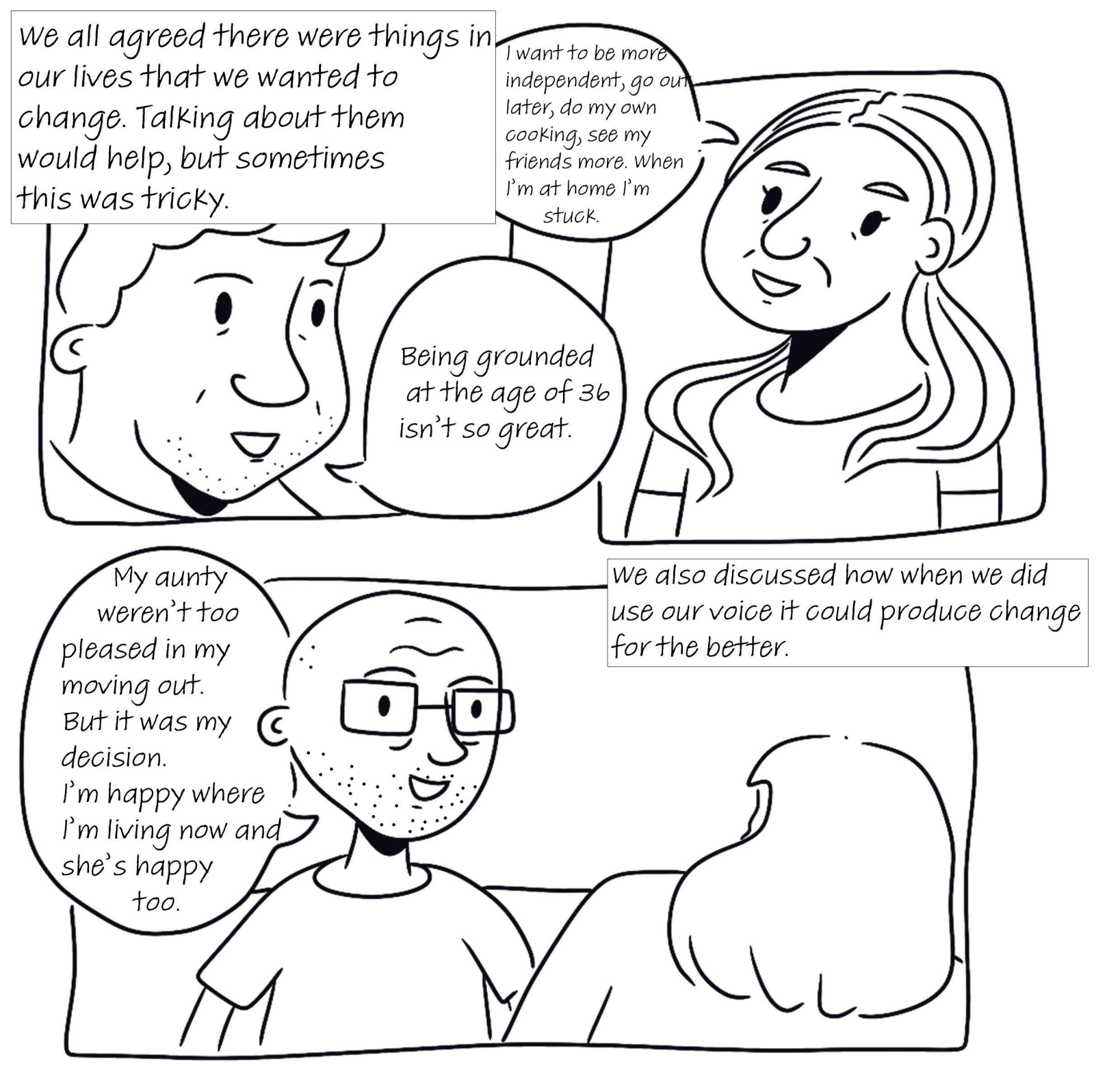
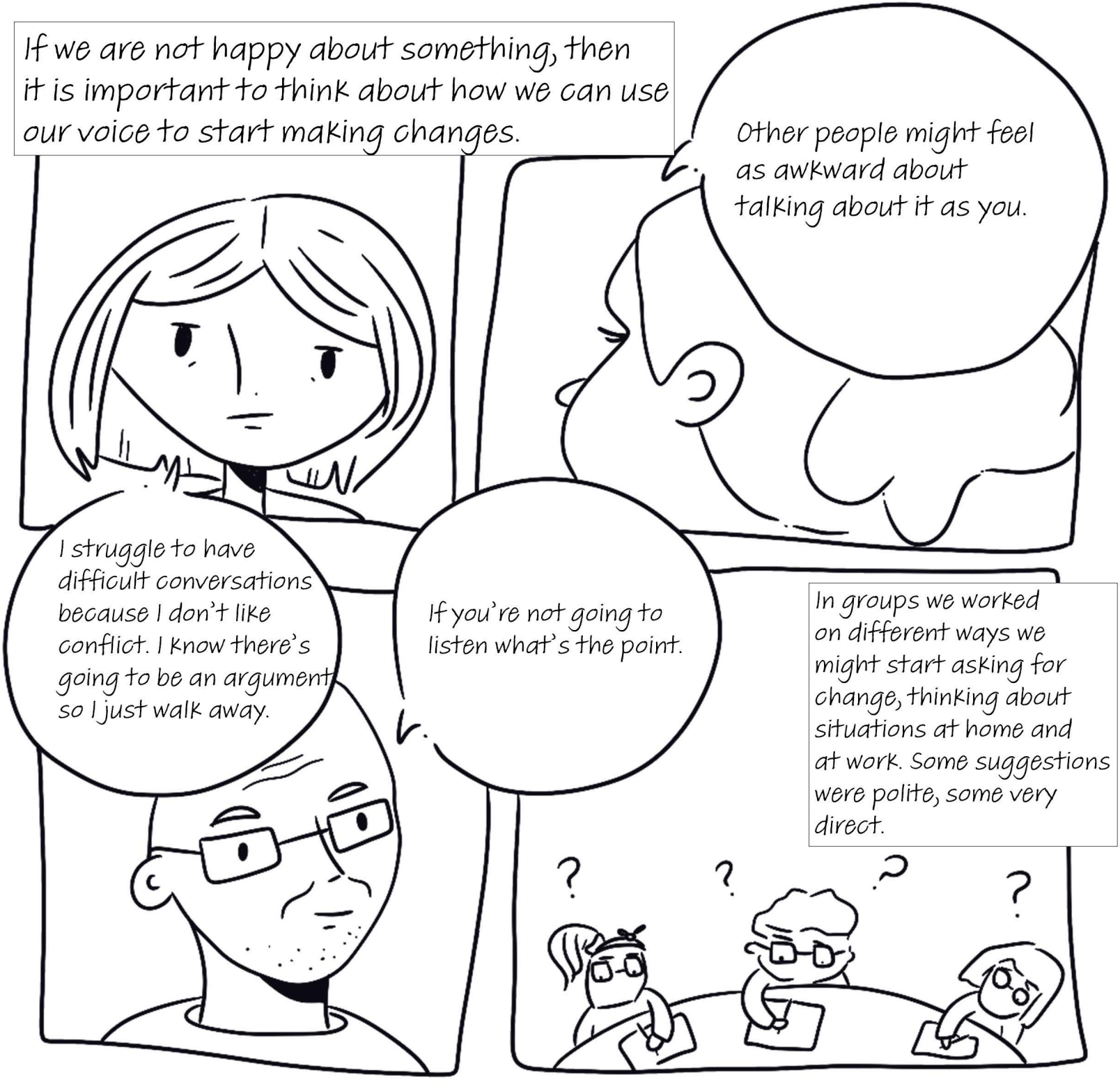
Using Our Voice to Have Difficult Conversations

4 March 2024



We used forum theatre to roleplay what it feels like to assert our voice in conversation.


We all agreed there were things in our lives that we wanted to change. Talking about them would help, but sometimes this was tricky.
I want to be more independent, go out later, do my own cooking, see my friends more. When I'm at home I'm stuck.
Being grounded at the age of 36 isn't so great.
We also discussed how when we did use our voice it could produce change for the better.
My aunty weren't too pleased in my moving out. But it was my decision. I'm happy where I'm living now and she's happy too.


If we are not happy about something, then it is important to think about how we can use our voice to start making changes.
Other people might feel as awkward about talking about it as you.
I struggle to have difficult conversations because I don't like conflict. I know there's going to be an argument so I just walk away.
If you're not going to listen what's the point.
In groups we worked on different ways we might start asking for change, thinking about situations at home and at work. Some suggestions were polite, some very direct.

We turned some of these ideas into placards.