

Reflection exercise:

"From participation to governance" - From participation to steering towards inclusion

In this exercise you will find a colouring picture with 9 elements. There are also 9 statements listed below. You can colour in one of the 9 elements each time you can answer YES to a statement. The statements do not have a specific order - nor do the pictures. You can decide for yourself which picture you want to assign to which statement. If you answer NO to a statement, the corresponding picture remains empty.

STATEMENTS:

- I have taken part in elections before (active suffrage).
- I have stood as a candidate for something before (passive suffrage).
- I have started or signed a petition / a referendum / a popular consultation / a petition for a referendum.
- I have been to a demonstration, rally, etc
- I **regularly** read newspapers, etc. (political topics, whether printed or online).
- I **regularly** talk about politics.
- I have started a political initiative (no matter how small or at what age, campaigns started at school also count here!).
- Politics is **important** to me.
- I **know my way around** political topics.

The **words marked in green** should be defined by yourself: What does "regularly", etc. mean to me?

Take a look at your coloured picture:

- ❖ Are you positively or negatively surprised?
- ❖ Did you already have a good assessment of your own political participation before the exercise?
- ❖ After this exercise, set yourself at least one **GOAL** (e.g. *I would like to increase my news consumption* or *I would like to sign at least 1 petition in the coming year*).
- ❖ Final question: Are you more on the **passive** side (signing, voting, etc.) or on the **active** side (getting elected, starting initiatives, etc.)?



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