**Ch. 1**

**Empowerment**

- People who are empowered can decide what to do with their lives (for example, where to live or what job to have).

- This means they have the AUTHORITY to make big decisions and the POWER to follow through with their decision.

**AUTHORITY**

- Authority gives a person the right to make a big decision.

- You can get authority in different ways. One example- being   
voted as the captain of the baseball team. This would give you   
the authority to make decisions about the team.

- Another kind of authority is legal authority. People have to follow the laws, or the police have the authority to   
arrest them.

**AUTHORITY GIVES PEOPLE POWER**

- When someone has authority, they have the power to affect the lives of other people.

**Constitution**- a set of rules that a government must follow.

**Charter of Rights and Freedoms**- a special part of the Canadian Constitution. It makes sure that everyone is treated equally.

**AUTHORITY & POWER IN YOUR LIFE**

- The older you get, the more authority you will have to make your own decisions.

Examples of this freedom are:

 - getting a part-time job- age 14 with parents permission.

 - Getting your driver's license- Age 16

 - Voting- Age 18.

**PERSONAL EMPOWERMENT**

- Personal Empowerment is when you are able to do something about your own personal needs, wants, opinions, beliefs, and feelings.

- Some ways you can become personally empowered are   
by:

 - Learning

 - Volunteering

 - Working

 - Knowing your rights and responsibilities

 - Making friends

There are five main kinds of Empowerment: economic, political, societal, cultural, and national.

* **Economic empowerment** comes from having enough wealth to   
  take care of your needs.
* **Political empowerment** comes from having a say in how things   
  are organized and how decisions are made.
* **Cultural empowerment** comes from being free to practice your   
  culture.
* **Societal empowerment** comes from all members of society being   
  treated fairly and equally.
* **National empowerment** comes from a nation having the power to   
  make decisions for itself.

All these kinds of empowerment work together and influence each   
other.

***Disempowerment***-is when people believe that they have little or no control over their lives. They feel they have little or no power to change things and if they try they will be treated more unfairly.