

What is 'protest'?

Protest...

...is what you say or do to show you are not happy about something.

It might be because you or someone else is not being treated fairly or something is causing harm.



For example:

Sam and Alex both help out their grown ups at home by washing up the dishes after dinner.

HMM...

angry

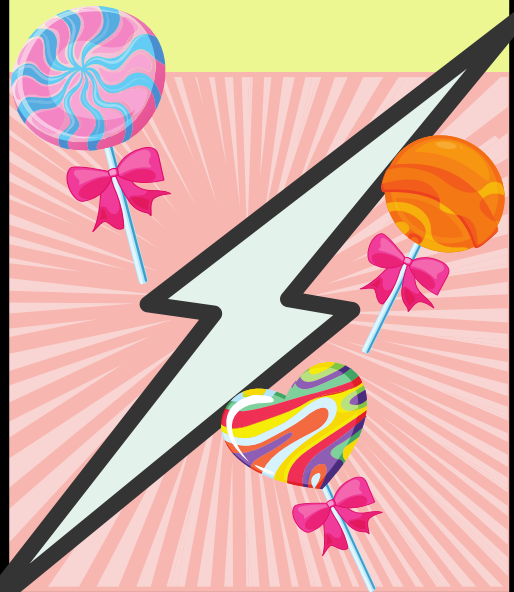
confused

sad

It's okay to feel this way if something isn't fair, everybody experiences emotions like this from time to time.

Sam is given two treats for helping but Alex only gets one.

- Is this fair? Why?
- How might Alex be feeling?



Even though Sam wasn't treated unfairly, they might want to show support by:

- comforting Alex
- listening to why Alex is upset
- helping Alex try to change the decision

This is called being an:

ally

Taking action

When we are upset about something, we can turn these emotions into something positive by taking action.

Talking ...

&
listening

What might Alex learn from talking to other people?

- The reasons why the decision to give Sam two treats was made
- That they are not alone in how they feel

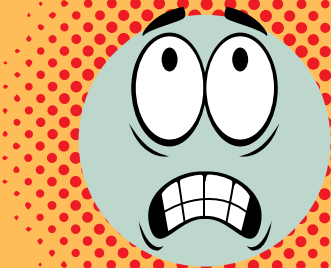
united



...which is why people connect to their allies and to others who have been through the same experience.

This shows they are united together and gives courage.

Sometimes it can feel scary to talk to someone who disagrees with us...



HAHA!

While talking to people about something serious, using humour can:

- Make you and others happy when you might be feeling upset or angry
- Make the things you are worried about seem easier to manage
- Help you connect with people who disagree with you

Look around the museum and discover the many ways people have protested.



Change might not happen immediately and you might think 'what's the point?'...

Learn from what happened - would you do anything differently?

Don't give up! Change can take time, but your actions can play an important role.