What have I done for democracy lately?

You can give your consent by ticking a box, for example.

I APOLOGISED.

I DIDN'T GET INVOLVED.

I LOOKED FOR FURTHER INFORMATION.

I ASKED QUESTIONS AND THOUGHT THINGS THROUGH.

I RESPECTED OTHERS.

I TOOK PART.

I DISAGREED.

I VOTED.

I HELPED SOMEONE.

NOTHING.

I WAS PEACEFUL.

I LISTENED AND TRIED TO UNDERSTAND.

I REPORTED A PROBLEM.

I SUPPORTED MY FRIENDS OR FAMILY.

I PROTESTED.

I EXPRESSED A NEW IDEA.

I TOOK RESPONSI-BILITY.

I STOOD UP AGAINST DISCRIMINATION.

Democracy also thrives thanks to your commitment – during elections, in associations... Go for it!

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Fondatioun Zentrum fir politesch Bildung

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What have I done for democracy lately?

Quick Start

Young people and adults are encouraged to reflect on their actions and discover where democracy is at work in everyday life. They form and express their opinion and discover where they can take responsability for democratic living together.

The poster can be used in secondary school, in adult education (e.g. language classes) and in non-formal education (e.g. youth centers).

This is how it works:

Option 1: Quick vote

Ask the group to stick stickers on the actions they have already done. Then work together to find examples for each statement.

Possible questions to discuss:

- What surprised you?
- Why do you think these statements have anything to do with politics or democracy?
- Are there any statements you find more important than others?

Option 2 : 'This week, I'm going to... '

Each person chooses an action from the poster that they haven't done yet. Discuss the respective actions. Alternatively, you could organise a photo exhibition or make a video, which can be shared online or physically.

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