



# LANTERN

- Theatre workers of all backgrounds are invited to join HTE for a night of healing practices and support in telling your story of workplace oppression.
- You will gain healing practices, a completed article or rendering of your story, and resources for sustainability in dismantling systemic oppression. Lantern Nights is a space to navigate the storytelling necessary to heal.
- Your stories can be shared publicly as a form of truth telling and learning in our community.

# Why Storytelling?

Storytelling reinforces values in any culture and is the mechanism by which the stories of a particular culture are passed onto future generations.

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The ability to tell a story is one of the defining characteristics of our species

Culture is storytelling

Storytelling brings people together to entertain each other, to learn from each other, and often to teach young people about life and their world.

Storytelling is a product of culture or a creator of culture, I believe, is both

Cultural mythology helps shape the cultural identity of a group of people. It fits with the values and beliefs of the group. It's often done with rituals or ceremonies that relate back to the stories

Use the following questions to begin writing your script. This script should directly address someone in a meeting or an impromptu opportunity to hold an aggressor or someone with privilege accountable.

**Choose a sample workplace, conversation or political moment where you might imagine this dialogue unfolding.**

- Describe the perceived intentions of the aggressor. What story are they telling themselves? What story do you want them to understand?
- Describe all that makes you fearful of this aggressor and their behavior?
- Articulate your direct want with this aggressor/person with privilege. What are three things you want them to do or stop doing?
- Create a succinct line that they will remember that captures your storytelling
- Create the arch of your story. What details will you include, what data, what materials, what questions?



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Use the following questions to begin writing your story of self advocacy.

## **Choose a sample workplace where you have experienced social aggressions**

- Describe yourself and your profession. Describe elements of your identity and your career that you are proud of. Write something that demonstrates a strong understanding of self. Engage in a practice of self awareness about your commitment to health, self love, and growth.
- Name the aggression you are experiencing in your workplace. Call it what it is and be clear about how it has affected your life and wellbeing
- Describe your aspirations for your job and your aspirations for self. How do the aggressions you are experiencing hinder you from your aspirations
- Present solutions that might shift your workplace. Declare what you need and don't be ashamed of your declaration.

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- [Letters of Truth to the Establishment](#)
  - [Essay for White Folk and Unedified Black People in America](#)
  - [I Chose to Walk Away from Violence](#)
    - [Practices for Self Advocacy](#)
    - Encouraged Reading
- 1) Minor Feelings and Asian American Reckoning - Cathy Park Hong
  - 2) You Are Your Best Thing - Tarana Burke
  - 3) We Are Not Like Them - Christine Pride
  - 4) The Will to Change - Bell Hooks
  - 5) The Atlas of the Heart - Brene Brown