



**THE SELF-EMPOWERMENT OF HARRIET JACOBS**  
STUDENT HANDOUT 2: STRATEGIES FOR EMPOWERMENT

<b>In the space below, list some things in your life (or in the life of a loved one) that make you (or them) feel out of control and powerless.</b>	<b>In the space below, list ways that you (or your loved one) can gain control and self-empowerment.</b>

*Teachers may use and reproduce the material on the Crafting Freedom website for instructional purposes.*