

## 1. Why storytelling

- a. Empowering - Storytelling can provide a medium for historically under-represented groups to voice their struggles, concerns, and ideas.
- b. Trust – Storytelling can build trust between social actors. It helps develop empathy and a common understanding of experiences. The storytelling process can break down silos or bridge socio-cultural divides through the act of bringing people together and having them listening to each other.
- c. Trauma recovery - Storytelling can be a tool to identify and address emotional trauma (e.g. emotional trauma from disasters, exposure to contamination). Sharing lived experiences through storytelling can be cathartic and healing.
- d. Knowledge-sharing – Storytelling is a method that can share rich qualitative data with others. It can convey information that may be difficult to share in other venues.
- e. Accessibility - Storytelling is an accessible approach for people to share information for people at all levels of education and experience. The process is not high-tech or complicated, and it requires fewer resources than many other data collection/sharing methods.
- f. Creative - Storytelling is a creative way to engage people. Stories are captivating, moving, and effective at portraying complex emotions.
- g. Relationships- Storytelling can help forge new relationships between social actors by introducing people that may not have previously interacted or worked together.

## 2. How to do storytelling

- a. Participation consent and care process:
  - i. In advance:
    - 1. Advanced notice and consent to participate form
      - a. Provide enough information about the storytelling activity so that can choose if they want to participate or not (i.e. if they feel ready to participate or not)
    - 2. Psychological first aid training for facilitators
  - ii. During workshop event:
    - 1. Describe how information will be used
      - a. Examples: “We are doing this as an activity to deeper our understanding of vulnerability. We are going to be taking notes on what is said so that we can refer to insights from storytelling throughout the rest of the process. But we won't be using these notes beyond this group ERB process, for example we won't be publishing these notes.”
    - 2. Conversation principles

- a. Keep group discussion oriented on planning and response rather than describing what they saw (so that traumatic images do not travel to other people in the group)
  - b. Ways to help someone out of a negative spiral in a storytelling exercise: "okay, I hear you, what happened next?" to lead them to a moment when they felt safe: "when did you get to a place where you felt safe?"
- 3. Trauma informed approach
  - a. Things to mention up-front and throughout storytelling activity:
    - i. Acknowledging that people can have many different responses to events:
    - ii. Acknowledge problems but also the strengths of the group: "we're going to talk about hard things with an eye towards the future, building on our strengths."
  - b. Provide a list of resources to all participants at the beginning of workshop so that no one has to out themselves by asking after the fact
- 3. How to synthesize storytelling
- 4. Prompts for individual storytelling