Lesson Plan

What is Advocacy? Two Feet Activity

Length:
1 hour

Objectives:
Through this activity participants will:
• Learn what advocacy is.
• Explore the differences between charitable works and social justice using the “Two Feet” activity.

Summary:
Participants will review the explanations of the Two Feet of Love in Action through the What Is Advocacy? online presentation, and learn the differences between charity and social justice. Participants will learn how as Catholics, we are called to follow in Christ’s footsteps and assist in God’s work by making the kingdom present on Earth through social justice and charitable works. The “Two Feet” activity will challenge every participant to think of original responses to social issues while creating and walking the path to “God’s Kingdom.”

Preparation:
1. Read the directions for the “Two Feet” activity found on page 2 of the lesson plan.
2. Clear the room so that there is a large space for two teams to compete against each other.
3. Place a strip of masking tape across one end of the room as the “start” of the path. Place two long strips of tape, about ten feet apart from each other, perpendicular to the start line. These will be the two “sides” of a wide path. Where the path ends (opposite side of the room from the start line), put a sign or prize to represent the “Kingdom of God.”
4. Copy and cut the following pages with the pairs of feet to make a pile of feet for each team. It is important that each team has pairs of feet (not a single foot) for each issue. For example, each team should have a pair of feet for “abortion,” with one of them reading “charitable works” and the other “social justice”, BUT the pairs of feet for each issue must also be cut so each team member only has one foot.
5. Mix up the order of the feet in each team’s pile so that the pairs will no longer be in order. Assign a different adult leader to be the facilitator/judge for each of the teams, and explain the game to them beforehand.
Materials:
- What Is Advocacy? online presentation
- The Second Foot: What Is Advocacy? handout
- Masking tape (2 additional rolls during the game)
- Two Feet activity handouts
- Scissors
- Writing utensils for participants

Process:

What Is Advocacy? Summary

Two Feet Activity: Directions for the Class
Adapted from the USCCB materials: usccb.org/twofeet

Split the class into two teams.
Give each team member a paper foot with the text side facing down. Participants should not flip the page over until instructed to do so. Each foot will have a topic printed above it, and it will also say either “Social Justice” or “Charitable Works.”

Tell participants to flip their pages over and see which type of foot—Social Justice or Charitable Works—they have and which topic.

Then ask them to write down an action they could take that fits with both the foot type and topic. For example, if you have a “Charitable Works” foot and the topic on your foot is hunger, you could write: “Work at a soup kitchen to feed people who are without food.”

After a few minutes, ask participants to hold their paper foot and hop on one foot while sharing their responses with their teammates until they find the team member with a response that complements their own: participants are looking for the team member who shares the same topic, but not the same type of action. In other words, if the first team member has the “Charitable Works” foot with the topic hunger, he or she is looking for someone with the “Social Justice” foot for hunger.

When every team member has found his/her partner, each pair (team of two) will share their topic and responses with the rest of their team. If the team and the facilitator agree that the two partners have given examples that demonstrate their topic and charitable works and social justice actions, the pair can take one step past the start line and tape their paper feet to the ground in that spot before returning to stand with the rest of their team behind the start line.

Each subsequent pair will be allowed to step on the footsteps that have already been taped to the ground by previous team members, and then take one additional step, making a path of feet to the finish line.

If the team disagrees or if the participants have incorrectly matched up the two feet, such as two charitable works or two social justice actions, then the partners must stand on one leg until they fix their responses to make a complementary pair of feet.
After every pair has taped its feet onto the path, the whole team must walk the path in pairs to the Kingdom of God by stepping on each foot that has been taped on the path until they reach the Kingdom of God.

The first team to the Kingdom of God wins!

After completing the activity, have participants reflect on what they learned through the activity using the discussion questions below.

**Discussion Questions**

- Do you step more heavily with one foot than the other? Which one?
- Is the “two feet” framework useful in approaching advocacy?
- Did the social justice foot for each topic result in examples of similar actions?
- In your own life, are you more likely to engage in acts similar to the examples given for charitable works or social justice?
- Imagine strengthening your weaker foot by implementing both social justice and charitable works to address that issue. What would it look like? How would you use your skills?

**The Second Foot: What Is Advocacy?**

Distribute The Second Foot: What Is Advocacy? handout, and have participants read and discuss in small groups.

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*Resources adapted from USCCB Two Feet of Love in Action for Teens, usccb.org/about/justice-peace-and-human-development/upload/Two-Feet-of-Love-in-Action-Session-for-Teens.pdf*
The Second Foot: What is Advocacy?

ADVOCACY: THE ACT OR PROCESS OF SUPPORTING A CAUSE OR PROPOSAL.

Advocacy means influencing decision-making at local, national and international levels (usually to address a specific problem). Advocacy can include using media to influence public opinion, educating decision-makers, organizing events, researching issues, and coordinating groups. Effective advocacy requires an understanding of the problem or issue, a good grasp of the political environment, and a coherent solution to the problem.

It includes educating other people in your community so that they can become involved in developing and promoting policies they care about.

ADVOCACY FOR SOCIAL JUSTICE

Solidarity, or our persevering commitment to be responsible for the well-being of our neighbors, is an ethical imperative in Catholic social teaching, or CST. Genuine solidarity requires us to remove barriers, and create an environment in which relationships can flourish.

Our relationships with our brothers and sisters, particularly those who are poor and marginalized, are affected by many interconnected structures and systems. CST calls us to assume responsibility, along with others for shaping a more just and compassionate social order.

The principles of CST provide a vision for what a just world could look like. To achieve justice and solidarity, we must strive to uphold systems that promote justice and peace—and likewise change systems and practices that do not respect the rights of everyone. To accomplish this, we must encourage full participation in economic, social and political life, which includes taking part in the process of advocacy described above. We can advocate for changes in existing unjust policies and for the creation of new policies that benefit the common good.
Learn more about policy issues affecting our brothers and sisters around the world in order to advocate for changes to existing unjust policies and for the creation of new policies promoting the common good. One way to do this is by joining Catholics Confront Global Poverty, a joint initiative of the United States Conference of Catholic Bishops and Catholic Relief Services; learn more at confrontglobalpoverty.org.

“A prayer that does not lead you to practical action for your brother—the poor, the sick, those in need of help, a brother in difficulty—is a sterile and incomplete prayer.”

- Pope Francis, Angelus, July 21, 2013
A person is homeless due to mental illness.

A person is homeless due to mental illness.

Students in a high school suffer at the hands of bullies.

Students in a high school suffer at the hands of bullies.
High percentage of students not graduating high school

Social Justice

High percentage of students not graduating high school

Charitable Works

A river nearby is polluted and now unsafe

Social Justice

A river nearby is polluted and now unsafe

Charitable Works
A local company underpays employees

A foreign nation isn’t producing enough food to feed its people

A foreign nation isn’t producing enough food to feed its people

Charitable Works

Social Justice

Charitable Works

Social Justice

Charitable Works

Social Justice

faith. action. results.
education.crs.org

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A person doesn't have access to dental care.

Social Justice

Charitable Works

Social Justice

Charitable Works

Charitable Works