



Ethical Storytelling

- Ethical storytelling involves respecting the autonomy, privacy, and dignity of those whose stories are being shared.

- It requires obtaining consent on an ongoing basis, providing transparency about the storytelling process, and avoiding narratives that might exploit, misrepresent, or further harm the individuals or communities involved.

- Ethical storytellers consider the impacts of storytelling on the individuals sharing their experiences and the potential influence on audiences, aiming to uplift voices and contribute to social justice and healing, rather than perpetuate stereotypes or oppression.



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Power

- Considering power in storytelling is important because it determines whose voice is heard and whose narrative is amplified or marginalized.
- Power dynamics shape how stories are interpreted, which details are highlighted or omitted, and who is positioned as the authority on an experience.
 - Recognizing power allows storytellers to elevate narratives responsibly, prevent harm, and uphold the dignity of the people and communities at the center of the story, ensuring that storytelling becomes a tool for equity and representation rather than reinforcement of harmful structures.



Food Culture Collective



Positionality

- Considering one's positionality when facilitating storytelling is very important, as it shapes how we perceive, interpret, and respond to others' stories.
 - Our social identities, lived experiences, and potential privileges can unconsciously impact our interactions, influence power dynamics, and affect how safe participants feel sharing their narratives.
 - By actively acknowledging and reflecting on our positionality, we can create a more inclusive, respectful environment that centers the voices of participants, encourages authentic storytelling, and prevents reinforcing power imbalances or biases in the process.
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Context

- Considering context in storytelling is essential because it situates the story within its cultural, historical, and social framework, allowing the narrative to be fully understood and appreciated.
 - Context helps reveal underlying issues, such as systemic inequities or cultural influences, and shows how these elements shape individual and community experiences.
 - By attending to context, we can avoid oversimplifying or misrepresenting events, ensuring the story reflects the realities and complexities of those it seeks to represent, leading to more authentic and impactful narratives.
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