



Structures and hierarchies of power define everything we do. How we think, how we feel, how we speak and how we interact.

Who is seen and unseen? Who is heard and unheard? Who wields power and who is disempowered? And what does it mean to be powerful?

Our current question asks: **what is power?**

If you would like to contribute, we would love to hear from you. We're not looking for a particular answer, and we want the space on our website to reflect the diversity of experiences and lives of all sorts of people from everywhere.

Here's the task: **Tell us what power means to you. You can say whatever you want; all responses, thoughts, feelings and emotions are welcome.**

If it's a video, please film it in landscape (wide rather than long) format.

If you wish to write something please keep the response to one side of A4 paper. If it's a handwritten piece or a drawing please take a photo and send it to uzo@feveredsleep.co.uk adding your name and location (e.g. Femi, Newcastle).

To make the content on our site more accessible, we would love it if you would record an audio version of your writing. [Click here](#) for some tips on how to do so.

We encourage you to share 2-3 image suggestions you feel resonate with your entry. Please make sure that you have permission to use the images. The photos may or may not be published online.

If you are under 18 any videos or audio recordings must be sent to us by a parent or legal guardian, who by sending it gives their permission for us to upload it to our website.

Thank you for taking part.