

Tool 1.4: Principles of Participatory Action Research (PAR)

Debunks stereotypes of the research expert

- Challenges the myth that the “experts” are always from formal institutions;
- Views individuals and affected communities as experts;
- Promotes popular knowledge and experience as legitimate and significant;
- Involves affected communities and individuals at all levels of the research process and strategy development.

People-centered

- The process of research, inquiry, and analysis is informed by and responds to the experiences and needs of oppressed people;
- Research is an organizing and community-building tool and brings people together around common problems and needs

Research to build power

- Develops collective knowledge, analysis and voice of community members on a given issue;
- Promotes growth of leadership from within a community;
- Transforms unequal and unjust power dynamics at the individual, collective, and systemic levels;
- Builds base of people that are engaged in a given social or political issue.

Action Oriented

- The research process and results promote informed and strategic action for positive social change.
- Research is publicly disseminated and used as a tool to influence policy makers and government officials.