



# Good Relations




## 3

**Purpose:** To help participants understand and explore their identity.

**Participant learning objectives:**

1. Understand what is meant by the term “identity”.
2. Explore individual identity and what influences our identity
3. Understand how our individual identity relates to our community/society

CONTENT	METHODS/ RESOURCES <i>Slides 23-32 can assist with this session.</i>	APPROX. TIME
<b>Show and Tell</b>	<p>Ask participants to sit in a circle. Go around the circle and ask participants to show the item that they brought and tell the rest of the group why they chose that item, why it is important to them, what it means to them, what it signifies etc.</p> <p>Participants can sit or stand to present, depending on what they are comfortable with!</p> <p>Tip: The leader goes first to help participants feel at ease.</p>	30 minutes
<b>All Change Game</b>	<p><i>Resources:</i> Chairs X one less than the number of participants</p> <p>This activity is about exploring differences and similarities as well as encouraging sharing information about each other in an active way.</p> <p>The whole group sits in a circle with one person standing in the middle. The person in the middle tries to think of something that is part of their identity e.g. All Change if you are from County Antrim. All those who fit this description change seats quickly. The person who asked the question tries to claim a seat. Participants cannot swap seats with someone sitting next to them or return to their own seat. The last person standing then must introduce something that is part of his or her own identity.</p>	15 minutes

	<p><b>Possible all change statements:</b>  All Change if you:  Were born in Belfast  Have been on holiday to Donegal  Like sports  Play a musical instrument  Have been on holiday to Portrush</p> <p><b>Debrief:</b> It is possible to share similar characteristics whilst at the same time being different.</p>	
<p><b>What is Identity?</b></p>	<p><b>Resources:</b>  <a href="#">Flip chart</a>  <a href="#">Markers</a></p> <p>Ask participants to brainstorm what they think identity means? Split into smaller groups if appropriate. Ask one person in each group to feedback comments from their group.</p> <p>Tip: You can make this a competition by giving groups 5 minutes to write down as many aspects of identity as they can think of. Winner receives a small prize.</p> <p>Provide participants with a definition of identity. Identity is all the things that make someone unique. It's not just one thing, but many different things that are mixed together.</p>	<p>15 minutes</p>
<p><b>My Identity</b></p>	<p><b>Resources:</b>  <a href="#">Identity Shield</a>  <a href="#">Markers and Pens</a></p> <p>Ask participants to complete the identity shield worksheet in their workbooks. On the numbered sections on the shield the young people need to write:</p> <ol style="list-style-type: none"> <li>1 – How you see yourself</li> <li>2 – How others see you</li> <li>3 – How you see your future</li> <li>4 – Your hopes and fears</li> <li>5 – Design a logo that represents you</li> <li>6 – Write a motto that sums up your life</li> </ol> <p>Once everyone has completed theirs, put them into pairs and ask them to share with one another what they have drawn/ written. Ask them to check with their partner if they agree/ disagree with what they have drawn/ written.</p> <p><b>Debrief:</b> Are they surprised by their partners thoughts? How did they feel completing this activity? Have they learned anything about themselves?</p>	<p>30 minutes</p> 

<b>What influences our identity?</b>	<p>Brainstorm with the group – what influences our identity? Why do we think/ say/ do some things?</p> <p>Use slide 30 to help participants understand what influences our identity. Use the diagram to showcase how our beliefs are influenced by our actions and other people’s beliefs and actions.</p> <p><b>Debrief:</b> What influences your identity? What do you think influences how we feel about Northern Ireland? What aspects of your identity are more likely to change over time/ be influenced by others? How can having a strong identity help or hinder relations in Northern Ireland?</p>	<p>20 minutes</p>
<b>Identity Showcase</b>	<p>Provide participants with an opportunity to showcase part of their identity to the rest of the group. This can be staged as a mini talent/ culture show if this helps the group to think of ideas!</p>	<p>60 - 90 minutes</p>
<b>Check-Out/ Evaluation</b>	<p><a href="#">Resources:</a> <a href="#">Informal evaluation ideas</a></p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>



# Who Are We?

