



Good Relations




6

Purpose: To help participants understand and explore how opinions and judgements can lead to prejudice and/ or discrimination

Participant learning objectives:

1. Understand and identify the relationship between stereotyping, prejudice, and discrimination
2. Be aware of our own prejudices against others
3. Explore beliefs, values and attitudes and impact on behaviour

CONTENT	METHODS/ RESOURCES <i>Slides 45-53 can assist with this session.</i>	APPROX. TIME
Introduction to stereotyping, prejudice and discrimination	Using slide 47, introduce the concepts of stereotyping, prejudice, and discrimination. There is an example of little boy racers on the slide – ask participants to provide other examples. Tell participants that judging others is a natural human instinct that we use so that we can make decisions quickly without having to spend too much time and energy trying to understand everything or everyone e.g., think of the process of interviews, choosing girlfriends/ boyfriends, accepting a friend request on Facebook.	15 minutes
Why do we judge?	Show participants the basketball video on YouTube on slide 48. Debrief: Did you notice the gorilla? Did you notice the curtains changing colour? If not, why not? In real life we tend to see only those things which support what we already think/ believe or the ‘stereotypes’ we uphold. What we see depends on what we have experienced and what’s happening at that time. There are different ways of seeing things (more than one truth).	15 minutes
Pick a Flatmate Activity	Resources: 12 X identity cards 12 X celebrity identity cards Young people will be encouraged to think more about their own prejudices and misconceptions, and they will recognise that it wrong to dismiss someone based on an aspect of their identity. Break young people into small groups of approximately 4-5 participants. Highlight that some of the topics discussed/ issues raised during this activity may be of a sensitive nature. Review contract if required.	30 minutes

	<ul style="list-style-type: none"> • Provide a copy of 12 X Identity cards to each group. Keep the Celebrity cards hidden. • Ask the group to imagine they have just started University and they are looking for a flatmate in their new accommodation. • Ask them to spend 15 mins to work together as a group and decide who they would like to pick and why. Encourage group members to voice their opinions and challenge others. • Each group must agree one Identity card as their chosen person. • Once all groups have confirmed their choices, bring everyone back together again and reveal the celebrity who they have chosen. • Chat through and discuss some of the celebrities they dismissed and share their reasons why. If they had been provided with more information, would they have made a different choice? <p>Debrief: We are all different and unique – and have all made mistakes. Get to know people before we pass judgement.</p>													
<p>Beliefs, Values and Attitudes</p>	<p>Resources: Values Discussion Cards</p> <p>Introduce participants to the concepts of beliefs, attitudes, and values on slide 49. The values which we hold are an integral part of our identity and will influence attitudes and choices as we get older. Split participants into pairs and provide each pair with a set of value discussion cards. Give participants 15 minutes to discuss the cards, in turn, answering the questions listed.</p> <p>Debrief: Bring participants back together and ask a few volunteers to present to the group some of the things discussed within their pairs. Was this exercise difficult/ easy? Did it help you understand your values a bit further and possibly the reasons why you hold them? Think about how your values might influence your attitude and thus your behaviour towards others in Northern Ireland.</p>	<p>30 minutes</p>												
<p>Where do our attitudes and opinions come from?</p>	<p>Resources: Influence labels</p> <p>This exercise will help participants understand that our values, beliefs, and attitudes are socially constructed. Our beliefs are a matter of individual opinion and may not necessarily be true! This will hopefully make participants more mindful the next time they judge someone or behave a certain way.</p> <p>Provide each participant with one of the following labels:</p> <table border="0"> <tr> <td>Media</td> <td>Family</td> </tr> <tr> <td>Friends</td> <td>Youth leaders</td> </tr> <tr> <td>Culture</td> <td>Grandparents</td> </tr> <tr> <td>Past experiences</td> <td>Siblings</td> </tr> <tr> <td>Coaches</td> <td>School</td> </tr> <tr> <td>Teachers</td> <td>Peers</td> </tr> </table>	Media	Family	Friends	Youth leaders	Culture	Grandparents	Past experiences	Siblings	Coaches	School	Teachers	Peers	<p>30 minutes</p>
Media	Family													
Friends	Youth leaders													
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Past experiences	Siblings													
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	<p>Ask participants to line up, in order of highest influence to lowest influence, where they think they rank in relation to influencing beliefs, values, and attitudes. For example, if they think that media is the biggest influence, the person labelled 'media' stands at the top of the line. Participants must all agree and discuss their level of influence, what they influence, and why. Try to encourage participants to think of their beliefs and attitudes specific to the NI divide.</p> <p>Debrief: What are the most important factors? Why? Do you think your attitudes/ beliefs have changed from the beginning of the programme?</p>	
Check-Out/ Evaluation	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	10 minutes

Recovering drug addict



Person with mental illness



Gold medal winner



Reckless driver

Convicted criminal



Person who is orphaned



High street model



A person with a disability



A single parent

A person with anger issues



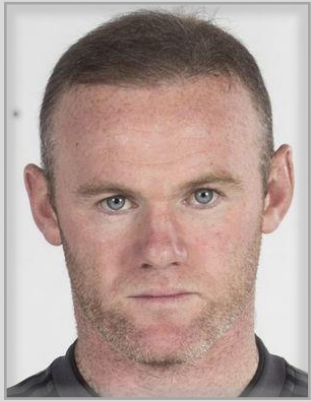
An Olympic athlete



A person who has declared
bankruptcy



Celebrities Revealed



A reckless Driver

Wayne Rooney, professional footballer and former England captain was convicted of drink driving in 2017. A breath test showed he had 104 micrograms of alcohol in 100 millilitres of breath, nearly three times the legal limit of 35 micrograms. He was disqualified for 2 years and ordered to perform 100 hours of unpaid work.



Recovering Drug Addict

Ant Mc Partlin, most famous as co-presenter in the duo Ant and Dec, admitted himself to rehab after struggling with addiction to painkillers in June 2017. Ant explained “I was at the point where anything – prescription drugs, non-prescription drugs I would take”.



Person with Mental Illness

Kanye West, successful music artist and ex-husband of Kim Kardashian-West, was officially diagnosed with bipolar disorder in 2018. The condition is associated with episodes of mood swings ranging from depressive lows to manic highs. Kanye's behaviour is unpredictable at times, as he suffers from manic and depressive episodes related to his bipolar.



A person who is orphaned

Roman Abramovich is a billionaire and the owner of Chelsea Football Club. At the age of three he was orphaned and brought up by relatives in a remote area of northern Russia.



High street model

Katie Piper was attacked by her former boyfriend who then got another man to throw acid over her face as she left her London home. It melted away her nose, left ear and eyelids. She was blinded in one eye. Her mouth, tongue, throat, arms, hands, neck and chest were burned. Katie's injuries were so horrific she was expected to die. She is now a writer, activist, television presenter and model.



A person with anger issues

Luiz Suarez, a professional footballer, was banned from playing matches, was fined an undisclosed sum of money and faced violent conduct charges following numerous incidents of biting other players. He received anger management treatment to help with his emotions on the pitch. Suarez now plays for Barcelona.



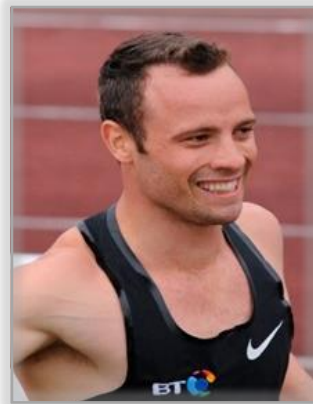
A person with a disability

Daniel Radcliffe, probably most famous for his role as Harry Potter, publicly announced when he was 19, that he had dyspraxia. Dyspraxia, known in full as Developmental Coordination Disorder (DCD), is a fairly common condition that affects the motor coordination of both children and adults. One of Daniel’s representatives said: “Thankfully his condition is very mild and at worst manifests itself in an inability to tie his shoelaces and bad handwriting.”



A single parent

Sandra Bullock, America's sweetheart and an Academy Award-winning actress, adopted Louis Bardo, a baby boy from New Orleans. Then, in 2015, Bullock adopted 3-year-old Laila from the foster care system. She stated, "My family is blended and diverse, nutty, and loving and understanding. That's a family."



An Olympic athlete

Oscar Pistorius is a South African former professional sprinter who was convicted of murdering his girlfriend, paralegal and model Reeva Steenkamp, in 2015. He was born missing the outside of both feet and both fibulae. Both of his feet were amputated when he was 11 months old due to a congenital defect. Pistorius ran in both non-disabled sprint events and in sprint events for below-knee amputees. He was the tenth athlete to compete at both the Paralympic Games and Olympic Games.



A Gold medal winner

Caitlyn Jenner is a famous American socialite, television presenter, and retired gold-medal winning decathlete. Caitlyn, formerly known as Bruce Jenner, underwent gender reassignment surgery in 2020.



A person who has declared bankruptcy

Lady Gaga, successful popstar and actress went bankrupt and was \$3 million in debt after her Monster Ball tour. However, following numerous successful albums and the award-winning film 'A Star is Born', as of 2020 Gaga had an estimated fortune of \$320 million.



Convicted Criminal

Justin Bieber is a famous Canadian popstar. Although famous for his music, his personal life has been of huge interest to the media. He has been convicted of numerous charges including assault, vandalism, drug possession and driving under the influence.

Values Discussion Cards



<p>Name a person (real or fictional) you respect or admire. What traits of theirs do you appreciate?</p> <p>What do you think this person values?</p>	<p>Describe what you would do on an ideal day. How does this compare with a typical day?</p> <p>What typical daily activities reflect your values? Which don't?</p>	<p>Describe one of your close friends. What makes you close?</p> <p>What values do you share with your friend?</p>
<p>Imagine it's your 30th birthday. Your friends and family give speeches about your life. What do you think they say?</p> <p>Which of your values are recognised in their speeches?</p>	<p>What is your dream job and why?</p> <p>What does this dream job say about your values?</p>	<p>Imagine you come into a large fortune that allows you to never work and buy anything you want. What would you do?</p> <p>What do your actions say about your values?</p>

<p>When you were younger, what were your wishes for the future?</p> <p>How have your values changed as you've gotten older?</p>	<p>What are your three most prized possessions?</p> <p>Why do you value these items?</p>	<p>What three things do you find yourself thinking of most often?</p> <p>Do these thoughts reflect your values?</p>
<p>A genie in a bottle appears and grants you three wishes. What do you wish for?</p> <p>What do your wishes say about your values?</p>	<p>If you could send a message to everyone on Earth, what would it be?</p> <p>How does this message reflect your values?</p>	<p>If you spoke to a stranger for five minutes at the supermarket, how would they describe you?</p> <p>What would this person say you value? Would they be right?</p>

