



# Good Relations



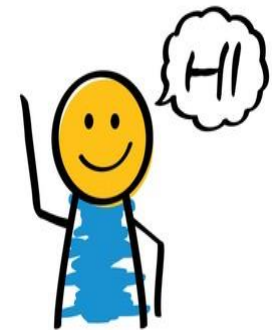
## 6

**Purpose:** To help participants understand and explore their judgements and opinions.

**Participant learning objectives:**

1. Understand how we can judge someone based on an aspect of their identity
2. Be aware of our own judgements and opinions
3. Understand what influences our judgements/ opinions

CONTENT	METHODS/ RESOURCES <i>Slides 47-55 can assist with this session.</i>	APPROX. TIME
<b>First Impressions</b>  <b>Resources:</b> <a href="#">First impressions captions</a>  Tell participants that sometimes in life we judge others. 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, even picking an ice cream flavour!  Introduce this activity as first impressions. Explain that you are going to show two sets of pictures, and they must attribute the sentences to the correct picture. Show slide 49 which contains Picture 1 and 2 first and provide participants with the list of captions that they must match to either picture. When everyone has finished show participants pictures 3 and 4 and provide the captions to match. Slides 49 and 51 should be done one after the other with a debrief at the end.  <b>Debrief:</b> What picture did participants match the statements to? Why? Did we judge the people in the pictures based on what we already believe a boy/ girl/ catholic/ protestant to be like? Is it possible that our predictions are incorrect? Was this activity hard/ easy?		30 minutes
<b>Why do we judge?</b>  Show participants the basketball video embedded on slide 53. Debrief: Did you notice the gorilla? Did you notice the curtains changing colour? If not, why not? Go through pointers on slide 53 to help participants understand why we sometimes judge.		15 minutes



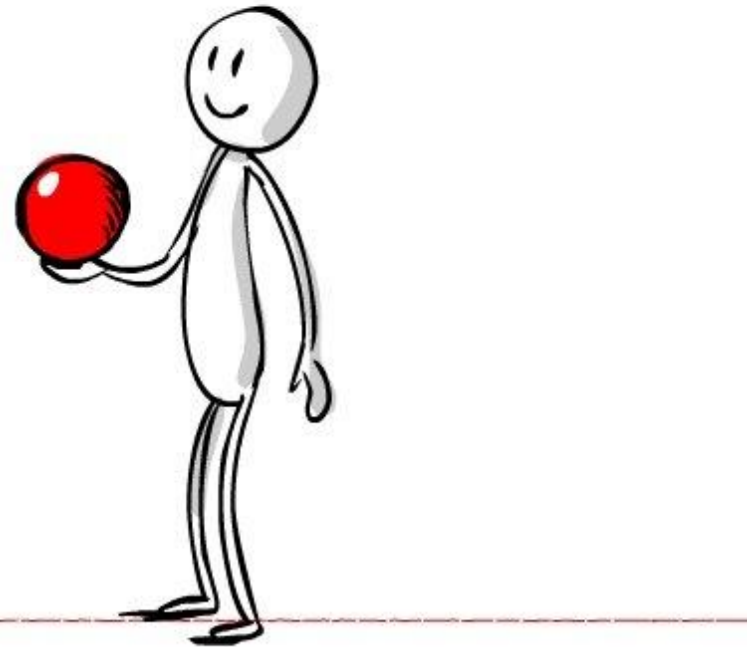
<b>First Thoughts Ball Throw</b>	<p><b>Resources:</b>  Ball  List of words/ phrases</p> <p>Ask participants to stand in a circle. The facilitator begins with the ball. Throw it to any of the participants and say a word/ phrase from the list provided. The chosen recipient of the ball must say their first thought when they hear that word.  It is the facilitator’s role to call out new words often and pick up any words of interest from the participants.</p> <p><b>Debrief:</b> Was this hard/ easy? Did you find yourself holding back in case you hurt other people’s feelings in the group? Were you surprised by some of the things other people said?</p>	10 minutes
<b>Where do our attitudes and opinions come from?</b>	<p><b>Resources:</b>  Pictures on what influences attitudes and opinions  Glue to stick into Workbooks</p> <p>This will help participants understand that our experiences, attitudes, and opinions is what sometimes leads to judgements. (E.g., I love my local Chinese because I have always had positive experiences with the food, and I think that other Chinese take-aways aren’t as tasty.)</p> <p>Ask participants to think of some attitudes or feelings they may have towards people, places, or things. Try to think of this in relation to the divide in Northern Ireland – for example, what do you think when you hear Shankill? What do you think when you hear Falls? Use examples appropriate to the group.</p> <p>Using the pictures provided, ask participants to place in order of importance, the things which influence their attitudes and opinions. Ask them to draw or write other things/ people/ places which influence their thinking.</p> <p><b>Debrief:</b> What are the most important factors? Why? Do you think your attitudes/ beliefs have changed from the beginning of the programme? Who/ what has influenced you?</p>	30 minutes
<b>Check-Out/ Evaluation</b>	<p><b>Resources:</b>  Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	10 minutes

## First Impressions Captions

PERSON 1 OR 2?	PICTURE 3 OR 4?
I play football	I am a Catholic
My boyfriend is called Sam	I go to church every Sunday
My friends say I'm strong	I play hockey
I am going to be a builder	I am a Protestant
My best mate is called Jamie	I live on the Falls Road
I love make-up	I lay Gaelic
My favourite food is cupcakes	I go to Bundoran on holidays
My friends say I'm kind	I am British
I am going to be a nurse when I get older	I have a granny called Mary
I help my dad on the farm	I go to Portrush on holidays
I can't wait to get a car	My granny & grandad are from the Shankill
My Auntie asks me to babysit at the weekends	I go to a school that is named after a saint
Dancing keeps me fit	I am Irish
I play Call of Duty on the Xbox	I play for Ballysillan Football Club

# List of Words/ Phrases for First Thoughts Ball Throw

PSNI Officer  
Priest/Nun  
Female Driver  
Loyalist/Republican paramilitary  
American man  
Gay man  
Orange Order  
Politician  
Vegetarian/Vegan  
Teacher  
Pensioner  
Polish worker  
Obese woman  
Pregnant teenager  
Social worker  
Member of flute band  
Female football coach  
Smoker  
Irish Traveller  
Muslim Man  
Homeless person  
Farmer  
Refugee  
Monarchy/Queen  
Irish language speaker



Pictures – Influences on our Attitudes and Opinions .....✂

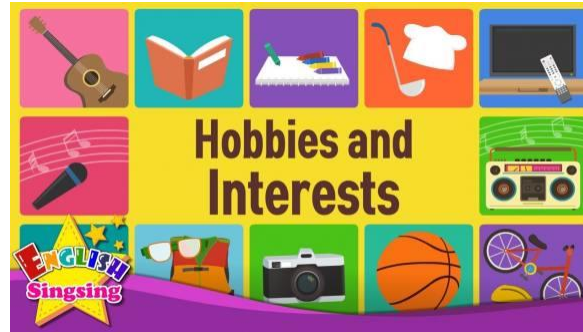


My parents



Sports Team

# Pictures – Influences on our Attitudes and Opinions ..... ✂



How much money we have at home

