



Good Relations



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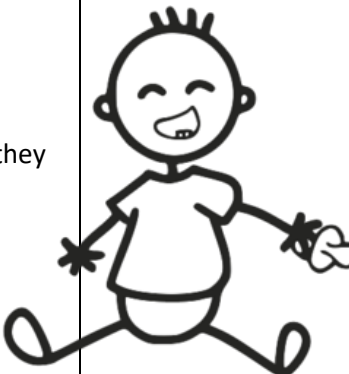
Purpose: To help participants understand and explore the impact of judgements.

Participant learning objectives:

1. Understand why we should not judge others
2. Understand how it feels to be judged
3. Understand how we can get to know others better.

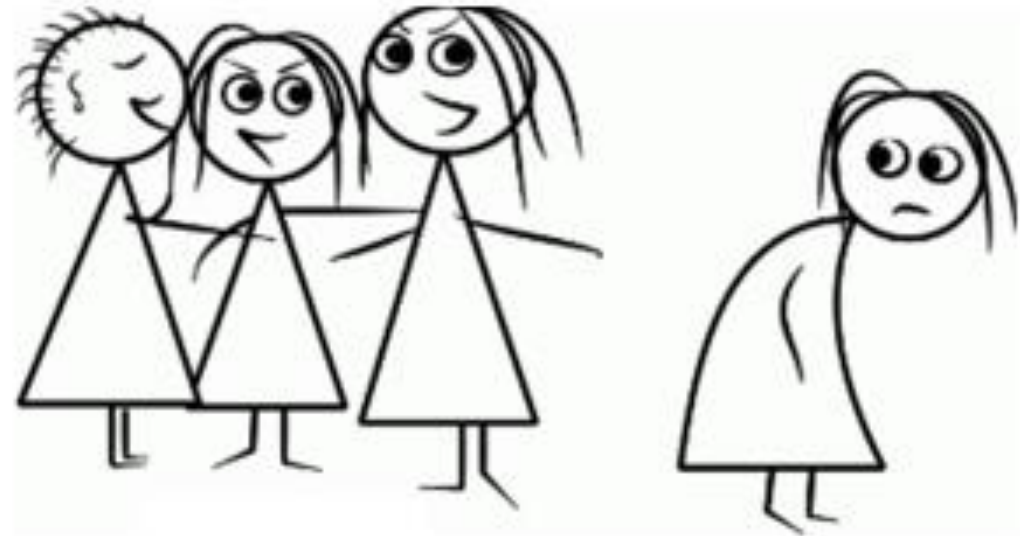
CONTENT	METHODS/ RESOURCES <i>Slides 56-63 can assist with this session.</i>	APPROX. TIME
<p>Tower Activity</p>	<p>Resources: Paper Paper clips Straws Sticky tape Pencils Other tower building materials</p> <p>Do not present the topic of today until after the challenge is complete.</p> <p>Split participants into one larger group (majority group) and one or two smaller groups (minority groups) – depending on your group size.</p> <p>Inform the majority group of their goal: Win the challenge of building the highest tower. Control all resources to ensure that the minority groups do not get the same standard of resources as you. Leader’s tip: Give the majority group preferential treatment (Sitting at front of room, sweets, hints etc.)</p> <p>Inform the minority group of their goal: The majority group control all resources in this challenge. Negotiate with them to gain more resources. Your objective is to build the highest tower with the resources available.</p>	<p>30 minutes</p>



	<p>Debrief:</p> <p>Ask majority group:</p> <ol style="list-style-type: none"> 1. How did it feel to have this power? 2. What impact did your decisions have on the minority groups? 3. How do you feel about the minority group? 4. How do you think they feel about you? <p>Ask minority group:</p> <ol style="list-style-type: none"> 1. How did the decisions of the majority group make you feel and how did it feel to be a part of this group? 2. How do you feel about the majority group? 3. What difference did your response make? 4. How do you think the majority group might feel about your group? <p>Ask participants: How does this activity reflect how things are in the real world? Are there things in the real world that are unfair? Can you describe any?</p>	
<p>Find a Babysitter Activity</p>	<p>Resources: 12 X identity cards 12 X celebrity cards</p> <p>Young people will be encouraged to think more about their own prejudices and misconceptions, and they will recognise that it is wrong to dismiss someone based on an aspect of their identity.</p> <p>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.</p> <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 that their family is on the hunt for a new babysitter (this person will be looking after them and any other younger siblings!). -Ask them to spend 15 minutes 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. <p>Each group must agree one Identity card as their chosen person.</p> <ul style="list-style-type: none"> -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>30 minutes</p> 

Discrimination	<p>Based on the previous activity, explore as a group why we should get to know a situation/ person before we judge. Explain that making judgements can lead to discrimination.</p> <p>Discrimination happens in three ways:</p> <ul style="list-style-type: none"> • Excluding someone (leaving them out) • Treating someone unfairly or unkindly • Separating different groups of people <p>You can use examples to help explain discrimination, e.g., excluding someone in the playground because they have a disability, being nasty to someone because of their hair colour, not allowing the girls to play for the school football team etc.</p>	15 minutes
“Us and them”	<p>Show images on slide 61. Ask participants which ones are familiar/ their knowledge on these. Are they familiar with this ‘us and them’ culture, which portrays that Catholics and Protestants are somehow different from one another? Ask them to look at the pictures and think about:</p> <ul style="list-style-type: none"> • Debates around what places are called e.g., Derry/ Londonderry. Highlight that even the name of the country/ place we live is highly contested! • Riots (can anyone provide some recent examples?) • Discrimination that might occur when applying for jobs. Is this still common? Can this sometimes be a positive thing? • Marked territory – painted kerbs, symbols, flags etc. What do you see in your area? • Separation in all aspects of life – where we live, where we work, where we go to school, where we go to pray, where we socialise! • Approx. 100 peace walls in Northern Ireland – put in place as a barrier between Protestant and Catholic sides of the community. Are these still needed? What impact do they have on our lives? <p>Explain that these pictures illustrate an ‘us and them’ culture in Northern Ireland where we are often distrustful of the other side of the community. This is behaviour which is learned through our experiences and all the people/ places/ things that influence our attitudes and opinions.</p>	20 minutes
Individual Reflection	<p>Ask participants to reflect and to think of a time that they were excluded, separated, or treated badly, because of who they are. Ask them to think about:</p> <p>How did it make you feel?</p> <p>How did you react?</p> <p>Did you want to change that part of your identity?</p> <p>Has there ever been a time when you felt discriminated against because of your religion?</p> <p>Now ask participants to reflect and to think of a time that they excluded someone or treated someone badly, because of who they were. Ask them to think about how that person might have felt. Ask them to think about how their opinions/ judgements impacted on their actions.</p> <p>Alternatively, you can ask participants to work in pairs and create a short drama/ role play around a time they were judged and a time they judged others. Ask each pair to showcase their short drama to the rest of the group.</p>	15 minutes

	Debrief: Was this exercise difficult/ easy? How did it make us feel? How can we try to be less judgemental to one another?	30 minutes
Check-Out/ Evaluation	Resources: Informal evaluation ideas Choose an activity from the list provided.	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



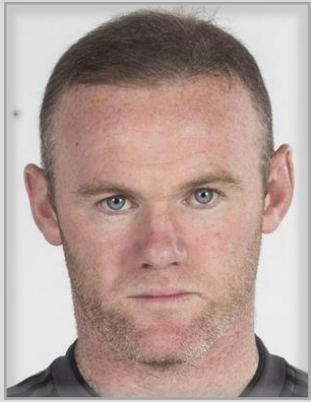
An Olympic athlete



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 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.



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.



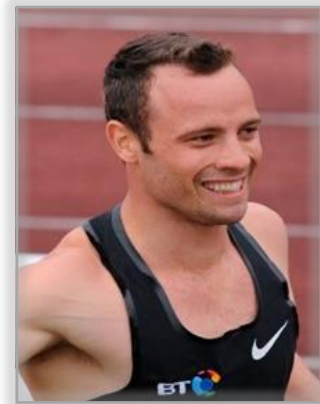
A person with a disability

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.