



# Inclusion, Diversity and Equality of Opportunity





**Purpose:** To explore and better understand what diversity means and looks like in everyday life.

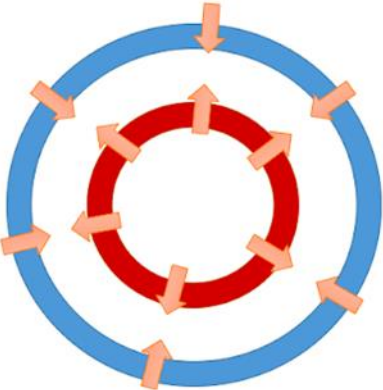
**Participant learning objectives:**


1. Understand and appreciate what makes us unique
2. Understand and recognise similarities and differences with one another
3. Understand the importance of diversity within everyday life


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CONTENT	METHODS/ RESOURCES <i>Slides 13-24 can assist with this session.</i>	APPROX. TIME
<b>Diversity re-cap</b>	<p>Ask participants to feed back some of the things they learned from last session. Probe participants in what they understand diversity to be.</p> <p>Inform participants that we are all diverse. It is the uniqueness of each individual which makes the world a much more exciting and fun place. Explain to participants that by exploring ourselves, and all the things that make us who we are, we can start to explore and understand diversity a bit better.</p>	10 minutes
<b>All Change Game</b>	<p><b>Resources:</b> 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>	20 minutes

	<p>Possible all change statements:  All change if you:  Were born in Belfast  Have been on holiday to Donegal  Like sports  Play a musical instrument  Have relatives living in another country</p> <p><b>Debrief:</b> It is possible to share similar characteristics whilst at the same time being different.</p>	
<p><b>Who Am I?</b></p>	<p><b>Resources:</b>  <a href="#">Flipchart</a>  <a href="#">Markers</a>  OR  <a href="#">Hoodie templates</a></p> <p>This is a creative activity that invites the young people to visualize aspects of their identity, share them with others and get to know more about other members of their group. They will decide what is important to them and will be more open and accepting of difference within the group.</p> <p>Provide participants with a flipchart page each. Ask them to create a shield (with four sections) that identifies and celebrates who they are. It should include:</p> <ol style="list-style-type: none"> <li>1. Favourite hobbies</li> <li>2. Proudest moments</li> <li>3. Hopes for the future</li> <li>4. People/ things they admire</li> </ol> <p>At the top or bottom of the page ask participants to write a motto which they live by. This might be something like, 'You only live once', 'Be kind', etc.  OR:  Ask participants to complete the hoodie template and complete all the sections with things that make them who they are! Tell them to include favourite things, people, hobbies etc.</p> <p>Ask a few volunteers to present their art work to the rest of the group.</p> <p><b>Debrief:</b> What was difficult/easy about doing this exercise? Why? What feelings did you experience doing this activity? Did you learn more about yourself and others?</p>	<p>30 minutes</p> 

<p><b>The Toast Dilemma</b></p>	<p>This is a quick and simple activity to highlight that people of different backgrounds and identities can offer new ideas and provide viewpoints that others may not have considered or been aware of. It teaches us that difference isn't an issue and should be embraced!</p> <p>Firstly, ask everyone if they know how to make toast. Hopefully they will agree that it is a simple enough task!</p> <p>Provide participants with the following instructions:</p> <ol style="list-style-type: none"> <li>1. Stand up!</li> <li>2. Go to the left of the room if you think plain bread makes the best toast, go to the right if you think pan/brown bread is best and stay in the middle if you prefer something else</li> <li>3. Go to the front of the room if you like your toast two-sided and the back of the room if you like your toast one-sided</li> <li>4. Sit down if you only like butter on your toast and stand up if you prefer to have jam, marmalade or Nutella!</li> </ol> <p>You should have an assortment of people going to different places in the room. Note that everyone agreed that making toast was a simple thing but look at the range of approaches!</p> <p>Highlight that life would be very dull if we all just ate one kind of toast!</p>	<p>10 minutes</p>
<p><b>Exploring Values</b></p> 	<p><b>Resources:</b> Post-its Pens</p> <p>This activity will help participants understand and explore their values a bit further. Values are the things in life that you feel are most important. Our values are often reflected in the way we live our lives and thus help to form our identity. While one person might value their family relationships above all else, another person might value money or career.</p> <p>Provide participants with 10 X post-it notes each. On each post-it they must write down one thing that they value. Once all participants have a total of 10 values each, ask them to form two concentric circles (see diagram). Ask them to sit in the concentric circles and with each person, reflect on their values and discard one value they consider to be least important. Once they have discarded a value, they move to their right and continue the process until they are left with one value – the most important one.</p>	<p>40 minutes</p>

	<p><b>Debrief:</b> Was this exercise hard/ easy? How did it feel discarding things that are important to you? Ask a few volunteers to feedback on the values they have left. What do they say about you as a person? Were the remaining values quite similar across the group?</p> <p>Highlight that it is important that we get to know our values and stay true to them. It is important that we make our own choices, based on our values, and don't just go along with the crowd. This is extremely important when talking about diversity and difference and respecting ourselves and others.</p>	
<p><b>What influences our identity?</b></p>	<p>This is a five-minute challenge!</p> <p>Ask participants, in pairs, to list things in their everyday life that are influenced or come from other countries. It can be a person in your family, a friend, music, food, fashion, or sport. The aim is to list as many (accurate) things as they can!</p> <p>Each pair will share their list with the group.</p> <p><b>Debrief:</b> What does this exercise say about diversity within society? Does it highlight that diversity is a good thing? Can you imagine life without these things? Are there things that were common across all groups?</p>	<p>15 minutes</p>
<p><b>Best Skills Showdown</b></p>	<p><b>Resources:</b> Any props you might need e.g., ball, dice, blindfolds, balloons etc. – will depend on challenges set.</p> <p>Split participants into two equal groups. Explain that you have a list of random challenges that they must complete.</p> <p>You will call out a challenge, e.g., person who can do the most push-ups, and each team will nominate a person to complete the challenge.</p> <p>The trick is, however, each team member can only complete ONE challenge, and the teams will not be given the list of challenges beforehand. It's therefore important that participants chat to one another and find out one another's skills before the game begins!</p> <p>The winning team are the ones who win the most challenges.</p>	<p>30 minutes</p> 

	<p><b>Examples of challenges:</b>          Most push-ups          Most toe-taps          Highest jump          Hold the longest note (singing, humming)          Longest middle name          Best dancer          First to fetch/ find a certain object – don't disclose object until participants have been nominated          First to answer quiz question – don't disclose question until participants have been nominated</p> <p><b>Tip:</b>          If you have a smaller group, you can do multiple challenge rounds.          If you have an uneven number, nominate one person to go twice beforehand, or even get a leader to join in.</p> <p><b>Debrief:</b> We all have different skills, qualities, talents etc. – we are all good at something and we all contribute something unique to the group!</p>	
<p><b>Evaluation/ Check Out</b></p>	<p><b>Resources:</b>  <a href="#">Informal evaluation ideas</a></p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>

## All About Me Hoodie

