



# Inclusion, Diversity and Equality of Opportunity




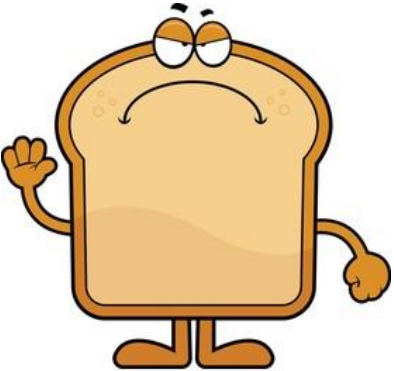
**Purpose:** To explore and better understand what diversity means and looks like in everyday life.

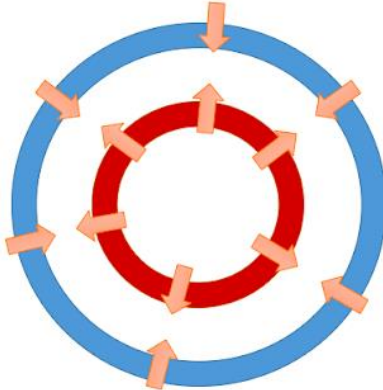
**Participant learning objectives:**

1. Understand ourselves and how we are all unique
2. Understand and recognise similarities and differences with one another
3. Understand the importance of diversity within everyday life

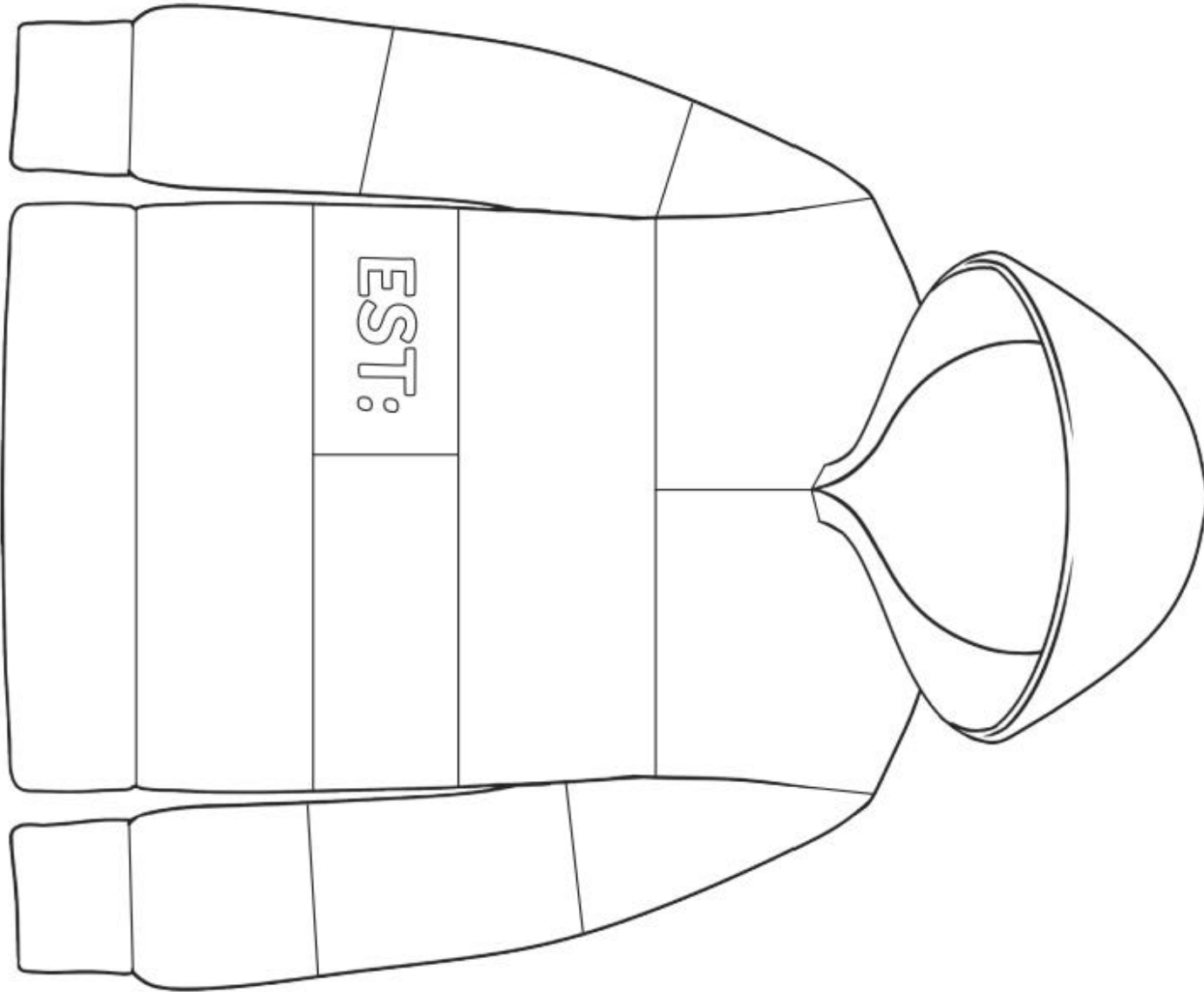
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CONTENT	METHODS/ RESOURCES <i>Slides 13-21 can assist with this session.</i>	APPROX. TIME
<b>Diversity re-cap</b>	<p>Ask participants to feed back some of the things they learned from last session. Probe participants in what they understand diversity 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>Who am I?</b>	<p><b>Resources:</b>            Flipchart            Markers            OR            Hoodie templates</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>	30 minutes

	<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.</p> <p><b>OR:</b></p> <p>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><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.</p>	<p>10 minutes</p>

	<p>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><b>Same But Different</b></p> 	<p><b>Resources:</b> Same but different cards</p> <p>This activity will help participants understand and explore similarities and differences amongst the group.</p> <p>Distribute ‘Same but Different’ cards to every individual and give them enough time to complete all the answers on the sheet. Once complete, ask them to form two concentric circles (see diagram to the side). Ask them to sit in the circles and with each person, discuss one of the cards and explore similarities and differences. Each person will move to their right and continue the process until they have discussed all their cards.</p> <p><b>Debrief:</b> Were the participants surprised at the answers? Why? Was this a good way to learn more about others?</p>	30 minutes
<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? Was this a good way to learn more about others?</p>	15 minutes
<p><b>Identity Showcase</b></p>	<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/ diversity show if this helps the group to think of ideas!</p>	60 minutes
<p><b>Evaluation/ Check Out</b></p>	<p><b>Resources:</b> Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	10 minutes

## All About Me Hoodie



# Same But Different Survey Cards

<b>Person you admire/ Idol</b>		<b>Best thing about school</b>		<b>Colour of eyes</b>	
Answer:		Answer:		Answer:	
Same	Different	Same	Different	Same	Different
<b>Favourite singer/ band</b>		<b>Favourite film</b>		<b>Favourite hobby</b>	
Answer:		Answer:		Answer:	
Same	Different	Same	Different	Same	Different
<b>Favourite sport to watch</b>		<b>Number of people in your family</b>		<b>Hardest school subject</b>	
Answer:		Answer:		Answer:	
Same	Different	Same	Different	Same	Different