Valuing Identity; my Experiences + Your Perception

Objectives:

- Participants will gain understanding and knowledge of what creates their cultural lens.
- Participants will have a greater awareness of their own personal values and how their past has created their current perceptions, behaviors, and communications styles.
- Participants will be able to identify their own values and biases.

Agenda: Ground Rules (5 min)

I. Grounds Rules (5 min)

   a. Challenge the idea, not the person
   b. ELMO – Enough Let’s Move On
   c. WAIT – What Why Am I Talking
   d. What ground rules do you think we should?

II. Activity: Digging Deep (NONVERBAL) (About 25 min)

   a. Posters will be put around the room that say
      
      i. Socio-economic Status
      ii. Religion/Spirituality
      iii. Dis (ability)
      iv. Age
      v. Appearance
      vi. Education
      vii. Ethnicity
      viii. Race
      ix. Gender
      x. Where you call home
      xi. Sexual Orientation
      xii. Family

   b. Students will be asked to move around room (silently) to a specific poster of their choosing based on the statement made by the facilitator:

      i. This is the aspect of my identity I am most comfortable discussing.
      ii. This is the aspect of my identity I am least comfortable discussing
      iii. I think about this aspect of my identity the most
      iv. I know the least about this aspect of my identity
      v. I have experienced the most joy around this aspect of my identity
I have experienced the most pain around this aspect of my identity
This aspect of my identity is the most invisible to others
I question this aspect of my identity the most
This aspect of my identity that I have to defend the most
In the past year, this aspect of my identity has changed the most

III. Discussion (15-20 min)

a. 5 gut reactions from students
b. How did you feel if you were alone at a “station”?
c. Did you notice that you chose an identity “that brought you joy” while others selected it as bring them pain?
d. Did you want to know more about the people around you?
e. What categories stirred the most emotion or got under your skin?
f. What did you learn about yourself?
g. Was there an identity that you wish was represented?
h. If you consider yourself a leader, do you think what we did here was important?

IV. Society and the Value of Identity Worksheet and Breakout (If there is time – 30 minutes)

V. Closing discussion