



## FIGHT WITH PREJUDICE

### Summary

This activity directs us to identify the limiting beliefs that are a common obstacle in our interpersonal communication. Demonization of the difference and rigid thinking are often the basis of violence and exclusion. Building a linking and inclusive community means recognizing and changing the limitations of beliefs we have about ourselves, about others and about the world in general.

Module	Group size	Group age	Duration
• Prevention	• small • medium	• 16 - 19	• 45 min

### Purpose

- To make participants think about life differences and different cultures
- To reveal different ideas and pictures about different cultures, expose the stereotypes and the prejudices
- To motivate the learners to exchange their opinions
- To broaden their horizon concerning cultural awareness
- To motivate them to compare their life situations with those of other people

### Participants

n.a. (but could be an option: for women only, for dropouts, for immigrants, etc.)

### Description

**Step 1:** Learners think about all existing prejudices between people. They make a list of the socio-cultural groups that are the most often exposed to prejudices or the learners have a prejudice about this groups.

**Step 2:** Everybody tries to find an anti-argument against each prejudice on the list. What is the positive aspect of this socio-cultural group, what is its positive contribution to the society, what can we learn from them etc. Example: all blondes are silly. Anti-argument: an example of a successful blonde (politician, a leader of a company etc.).

**Step 3:** Learners compare their experiences with different socio-cultural groups. They discuss about their personal experiences, if they were exposed to prejudices themselves.

### Materials needed

Paper, pen flipchart.

### Methodology

Discussion board

## Advice for Trainer

The trainer should prepare a list of socio-cultural groups that are exposed to the prejudices often, as religion groups, ethnic groups, professional groups. The trainer prepare some positive aspects of these socio-cultural groups as well in case the learners do not have their own ideas.

### COMMENTARY:

- The trainer should motivate the students to take the lesson seriously.
- The trainer must not impose his opinions about differences between cultures.

## Source / Literature

Integra Institute, 2007. Psycho social rehabilitation Workbook.



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