

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 sociocultural 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.



CC - Attribution-NonCommercial-ShareAlike http://creativecommons.org/licenses/by-nc-sa/3.0/

FIGHT WITH PREJUDICE. Retrieved %s, from %sMonday December 8, 2025 from https://toolbox.ycare.eu/courses/YCARE154/

https://www.ycare.eu





The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein