A View From Within
OBJECTIVES

Following completion of this session you will be able to:

- Identify how personal views impact our lives
- Develop a greater awareness of what stereotypes are and how to prevent them in society
- Develop our own personal story
Who Are You?

Have you ever stopped to take a minute and ask yourself, “Who am I?”

This might seem like a simple or silly question, but...

Who are you?

How do you view yourself?

How do others view you?
You in One Word

If you had to pick one, and only one, word to describe yourself, what would it be?

Is the word you picked a positive one?

Is the word you picked a negative one?

Did you stop and wonder if others would pick the same word to describe you?

Why do you think that is?
The Three Sides of Me

Take a few minutes to complete the handout for this section:

• *Handout #1: “The Three Sides of Me”*

As you completed the handout...

How many wondered if others would agree with the words you wrote?

How many of you noticed differences between list 1 and list 2?

Which list was easiest to write? Why do you think that was?
In society, it often seems we place people into ‘roles’ or that each of us must ‘fit’ a role. We are either the...

“Jock”

“Geek”

“Prom Queen”

“Loner”

But...are these roles always accurate?
Group Activity

As a group, you are going to work at identifying as many ‘roles’ in society as you can think of. What ‘roles’ do you see in the world around you?

- Consider places you spend time (school, the mall, work, etc.)

What was this process like?

Were there any challenges?

Did you find that as you interacted in your group, there were shared roles/categories?
Read the pages… not just the cover

How many of you have heard the expression:

“Don’t judge a book by its cover…”

What does this mean?

Have you been guilty of doing that exact thing?

Have people done that to you?

How did you feel in those situations?
We are going to watch a video clip. While watching, think about the following:

Did the lists you created in your group match those in the clip?

What did you notice about how views we have or ourselves compare to those others have of us?

What changes did you notice in people when the personal views they had of themselves differed from how others viewed them?

How do you feel knowing people may have already placed you in a societal ‘box’ without you even knowing? Without them even knowing you?
Stereotypes

What do you think of when you hear the word ‘stereotype’?

What is a stereotype?

Are stereotypes always accurate and based on facts?

How can stereotypes be bad?
Stereotype Defined

A stereotype is:

“...to believe unfairly that all people or things with a particular characteristic are the same...”

Merriam-Webster Dictionary

Stereotypes are often based off of assumptions, prejudices and inaccurate information

Stereotypes are opinions, not factual
Testing Stereotypes

Quick activity:

Let’s go back to the list of 5 categories we created. Using rapid thinking, toss out characteristics of each category.

Review the characteristics listed, do they 100% match each category all the time?

Think of a farmer... would the characteristics you come up with for a farmer match those of the person next to you? Would they be 100% accurate all the time?
Before we move on, let’s recap and reflect on the concept of stereotypes...

How can stereotypes negatively impact our relationships with others?

Have you ever been stereotyped before? How did that make you feel?

What can we do to prevent stereotypes from becoming such a common part of society?
What’s Your Story?

Everyone has an interesting story... No two people are exactly alike in every way.

What we experience in our lives leads to wisdom, strength, resiliency, vision, compassion and complex emotions

Vision Statements:

A simple statement telling your present self where you want your future self to be when you get older
Writing Your Story

The next few minutes will be spent writing our own interesting story.

- Treat your life as a story. Pretend that you’re writing your autobiography or a novel based on your life
- Don’t worry about writing complete sentences...brief notes are okay
- Be clever and creative, use humor
- Be proud of who you are, what you’ve accomplished, your goals and dreams for the future

- *Handout #2: “My Story”*
Reflection

After writing your story, was there anything that surprised you? Why was that?

How might an activity like this help us during challenging times in our lives?

Think back to the discussion on society and stereotypes, what can you do to prevent the views of others from negatively impacting who you are?
Partner Photos

The moment you have been waiting for...

How can you take what we’ve discussed today and positively impact your life and the lives of those around you?
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What questions are there at this time?