Expressing My Individuality
8-WEEK FACILITATOR ACTIVITY GUIDE
For Ages 11 – 15

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Girls will participate in activities that encourage them to think about diversity, and discuss the importance of diversity in their lives.

**ACTIVITY**
- Human Bingo, “How Others See Me” Activity, Discussion, and Wall of Stereotypes

**MATERIALS**
- Journals
- Human Bingo sheets
- Lunch sized paper bags
- Crayons
- 10 small strips of paper for each girl
- Large roll of butcher paper and markers
- Reminder notes

**PURPOSE**
- To understand, discuss, and clarify the definition of diversity
- To provide a safe space for talking about different types of diversity (i.e. race, religion, disability, sexual orientation, etc.)
- To discover and discuss the importance of having respect for people who are different from ourselves and explore ways to make everyone feel accepted

**FACILITATOR PREPARATION**
- Make a copy of “Human Bingo” for each girl.
- Cut small strips of paper for the “How Others See Me” activity.
- Tape large pieces of butcher paper up on the walls for the Wall of Stereotypes Activity.
- Make reminder notes for the girls to bring a special item for next week.
**Week Two**

**OPENING RITUAL**
Do the same opening ritual each time.

**THEME INTRODUCTION**
Introduce the theme of the week, “Celebrating Diversity.”

**CHECK-IN**
Go around the circle and have each girl “check-in” as to what is going on in her life.

**ACTIVITY 1**

**Human Bingo (Handout located in Ice-breaker section)**
Feel free to play some background music during this activity

1. Give each girl a Human Bingo sheet. Have them look it over and notice the categories that fit them individually.

2. The goal is to get as many bingos as possible, allowing the girls to discover their similarities. (The definition of “bingo” is when all squares are crossed off vertically, diagonally, or horizontally.) Allow about 10 minutes for this activity.

3. Have all of the girls get up and start walking around the room to ask each other the questions from the handout. The girls should only ask questions that they themselves fit into.

4. They may only cross off a category when both the girl asking the question and the girl answering fit into that category.

5. Continue until several girls get several bingos!

**ACTIVITY 2**

**Discussion**
Review with the girls the purpose of this weeks meeting:
- To talk about the meaning of diversity and different types of diversity
- To talk about stereotyping and its effects

Review the following definitions with the girls:

**Stereotype** - a fixed idea that people have about what a particular type of person is like, especially an idea that is wrong, i.e. racial stereotypes

**Diversity** - when many different types of things or people are included in something, i.e. ethnic diversity

Ask the girls:
- What do these words mean to you?
- How are people affected by stereotypes?
- Have you personally been affected by stereotypes? If so, how?
Week Two

- Why do people stereotype other people?
- How can we try to overcome labeling and stereotyping?

**ACTIVITY 3**

**“How Others See Me” Activity**

1. Handout a brown paper bag and several small slips of paper to each girl.
2. Tell them that the outside of their bag represents “how people see them” and the inside of the bag represents what others do NOT know about them. (This can represent things about their personality, family, friends, likes, dislikes, hobbies, etc.)
3. Using crayons, ask the girls to write on the outside of the bag the words that other people would use to describe them. These words can be accurate or not – it is how they think other people “see” them or “label” them or “stereotype” them. Some may be true – some may not. (They are also welcome to draw images or symbols if they like.)
4. After they are finished, have them use the small slips of paper to write down words or qualities about themselves that people do NOT know about or that other people do not see. Each slip of paper should have its own quality. Have them drop the slips of paper inside of the paper bag. Encourage them to think of as many things as possible.

**SHARING OF ACTIVITY**

Go around the circle and have each girl, one at a time, share her paper bag. First she shares the outside of her bag (how others see her, label her, stereotype her), and then she shares the inside of the bag by pulling out the slips of paper and reading them to the group. After each girl has taken her turn, ask:

- How do you feel when people see you very differently than you see yourself?
- What are the “inside” parts of you that you wish more people could see?

**ACTIVITY 4**

**Wall of Stereotypes**

1. Together, brainstorm all the different kinds of categories that you can put people into. Discuss and define each category. Encourage the girls to think of the following: race, religion, sex, sexual orientation, age, looks, class (socioeconomic status), intellect (grades), handicap, and political beliefs.
2. When finished brainstorming, the facilitator will go around and write the categories on the butcher paper. Write each one separately on the top of the butcher paper like a title. Space them apart from each other so that there is plenty of room to write underneath.
3  Hand out the markers to the girls. Have them go to each category and write down underneath it all of the different stereotypes/derogatory terms that they have every used or heard of for that category.

Examples: WEIGHT – stick, twiggy, fatty, lard ass, too fat to do ‘that’ job, fat ass, tub of lard, thin as a bean post, anorexic, pig, etc., or INTELLECT – Nerd, dumb, smarty-pants, kiss-up, stupid, square, geek, loser, retard, etc.

4  Encourage each girl to write something under each category.

5  When they are finished, go back to the circle and have them journal about the following:

• Have you ever been called any of these stereotypical/derogatory terms? What was it like and how did you feel?
• Have you ever heard anyone that you know or love called any of these stereotypical/derogatory terms? What was your reaction/response?
• Have you ever called anyone any of these stereotypical/derogatory words? Which ones and why?

**SHARING OF ACTIVITY**

Discuss the journal entries as a group. Ask the girls:

• Do you think diversity is a good thing? Why or why not?
• Why do you think it is important to have respect for others, even if they are not exactly like you?
• What are some ways to make everyone feel included and accepted?
• How can you do this in your life?

Final Discussion Question:

• “What is one of the “inside” parts of you (from the “How Others See Me” Activity) that you can show to people this week? How will you show them?

Go around the circle and have each girl share with the group.

**CLOSING RITUAL**

Bring the girls together for your closing ritual.

**Remind the girls to bring a special, personal item to circle next week. **Example: photograph, special shell or stone, feather, stuffed animal, crystal, etc. You can send a note home, remind via e-mail or phone, etc. Tell them that the item they bring will stay in the circle until the last session.