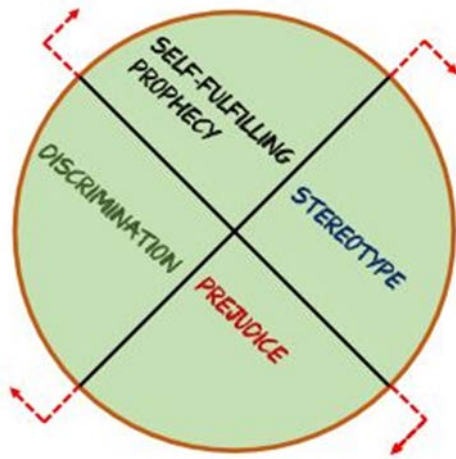


Healing Wheel-chairs



Themes: Anything that can create and reproduce stereotypes

Group size:
Any

Time: 75
minutes

Overview: It is an activity that seeks to provide understanding of the circular way in which prejudicial and stereotypical discourses create and/or reproduce discriminations.

Objectives:

- To get acquainted with the negative discriminative power of stereotypes and prejudices.
- To be able to identify discriminative discourses.
- To learn a tool that can be applied in managing and solving conflicts in working/training environments.

Materials:

- 4 chairs
- PowerPoint presentation with healing wheel-chairs that conforms to the desired subject.
- Whiteboard and markers for whiteboard

Preparation:

- Put the 4 chairs in order that they are in the center of the room and that the ones sitting on them will not have visual contact with the other participants in the activity.
- Have 1 slide of PowerPoint presentation showing the above healing wheel-chairs with 1 title per quarter. Ideally, these titles could be:
 1. Stereotype
 2. Prejudice
 3. Discrimination
 4. Self-fulfilling prophecy
- Divide the blackboard in 4 sectors, each one with the titles of the healing wheel-chairs' sectors.

Instructions:

1. Explain that the aim of this activity is to get acquainted with the power of discriminative discourses, and to be able to identify them in our working environment.
2. Define stereotypes (negative or positive oversimplified generalizations of people who belong to a particular social group), prejudice (negative feeling toward people who belong to a particular social group)
3. To warm up, ask all the participants of the module to say at least one stereotype they can identify from their daily life.
4. Have a second round with prejudices identified in daily life.

5. Have a third (last) round with discriminations identified in daily life.
6. Ask 4 people to sit down at the 4 chairs you have placed in the center of the room.
7. Give each sitting participant one different title of the possible 4 from the healing wheel-chairs.
8. Ask the 1st participant to name one stereotype related to the subject that your module covers (i.e sexuality, disability, racism, homophobia, elections etc)
9. Ask the 2nd participant to name one prejudice that derives from this stereotype.
10. Ask the 3rd participant to name a discrimination that results from the mentioned stereotype and prejudice.
11. Ask the 4th participant to name a self-fulfilled prophecy that relates to the referred discrimination.
(EXAMPLE: **Stereotype:** Women are weak -> **Prejudice:** Women's performance in hard work is inferior to the man's -> **Discrimination:** Women are misrepresented in a big part of works which are considered masculine, or when they are hired they get lower salaries -> **Self-fulfilling prophecy:** Women do not apply for jobs considered masculine because they believe they can't make it)
12. Have a second round with the same exercise but 4 other people.
13. When the 2nd group is finished ask everybody to go back to their places.

Debriefing and evaluation:

- Short review of the activity (you are supposed to take notes on the whiteboard every time a participant mentions one example of the discussed term)
- Ask participants if they feel that something of the examples mentioned may be exaggerated or surprising, or if they disagree.
- Ask if they have ever thought of these events as intersecting and interconnected.
- Ask if they can recall anything similar from the work.
- Ask the role that their work can play in dealing with these stereotype circle effect.
- Ask participants to share feelings and opinions from the activity.

Tips for facilitators:

- In this exercise, there are no really wrong responses from the participants. Nevertheless, some responses may deconstruct the desired result of understanding the interconnection of stereotypes, prejudice, discriminations and self-fulfilling prophecies. In such a case, we try to respectfully handle the situation in order to bring the participant in a position to restate his opinion in favor of the activity's objective.
- The title of the 4 quarters of the wheel-chairs is free to the needs of the module. The proposed titles are suggested due to their flexibility and adaptability to all possible subjects.