

LABELS - Who am I?



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Preview: This tool is designed for self-knowledge and awareness about the difference inside our society.

Duration time: 90 min

Needed materials: Post-it papers, A4 paper, markers, pens, tape.

Aim of the tool: To raise the awareness of young people about the stereotypes and the generalisation which is very common in our society and has negative effect onto the society as whole and especially onto the isolated and marginalized groups.

Description: This tool is designed for self-knowledge

Duration: 90 min

Group: 3 – 20 participants

Description of tool:

Facilitator need to create a relaxed atmosphere with music, and light. Then the facilitator gives the group a guided visualization about:

- Labels that they have about themselves
- Labels that other people have given them
- Labels about different areas of their life, for example: school, family, friends, partner, etc. in the stages of life.

When the visualization is over, participants have to write 12 labels in the post-its, they could be from the past, the present, negative, positive, true or false, their own or the ones that the others gave them. They have to put the post-its in the part of their body related with the label that they wrote down. In the next part, by turns or small groups some participants stay still as statues and the others



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read the labels that they have in the body, they can add some labels if they think something is missing. After this, they change roles. The next step is to tell the participants to draw something with the painting material in the roll of paper, they can do whatever they want with their labels, like tearing them apart, keep them or integrate them in the drawing. Finally, the facilitator comments the activity with the participants.



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