

# JUSTICE ACTIVITIES

THEME: Bias and Prejudices



5+ People



15+ Minutes



Med Risk

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## TITLE: AROUND ME

### A small to medium group activity

**Introduction:** This activity invites the participants to explore prejudices, biases, and stereotypes in a non-confrontational way. The participants are given a statement and respond if they have, "heard, experienced, or feel" the given phrase.

**Online or In-Person:** Online or in person.

**Goal(s):** The goal of this activity is to explore how prejudice has been normalized and experienced by the majority of US citizens.

#### Materials:

- A computer or tablet
- List of "*I've Heard, I've Experienced, and I Feel*" Statements

#### Expectations:

- Define terms: Racism, Prejudice, Bias, and Sexism
- Establish the rules of engagement: The participants can acknowledge the statements by standing on opposite sides of the room, they can reply yes in a chatbox, they can raise their hand, or use some other form of acknowledgment.
- Lay the groundwork for post-discussion early by deciding whether the participants can/will share after each prompt. (Share anonymously by having participants write down their experiences and place them in a bucket to share at the end of the activity.)

**Leader Notes:** Spending time on expectations is important for this activity. Remember to allow participants to sit this activity out if they would like to. Remind the participants that saying "yes" does not mean the prompt has happened to you.

**Extra Resource:** [TED TALKS LIVE Short - Unconscious Bias](#)

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## "I'VE HEARD, I'VE EXPERIENCED, AND I FEEL" STATEMENTS

- **I've experienced**
  - relationships with people who are different from me( socially, economically, and racially)
  - poverty and homelessness in my city.
  - poverty and homelessness in my community
- **I've heard**
  - people who are struggling with poverty and homelessness are lazy
  - poor people have babies to get more welfare
  - poor people tend to abuse drugs and alcohol
  - inappropriate jokes on race, ethnicity, gender, sexual orientation, and disabilities
- **I feel**
  - positive conversations about my background and culture
  - voicing a contrary opinion without fear of negative consequences
  - comfortable discussing my background and cultural experiences