

# I'M ME

## AIMS

- To understand the value of diversity in a group and the need to find common ground in order to build unity.
- To identify stereotyping as something that prevents us from getting to know people properly, and something that deprives those being stereotyped of their right to an identity.

## NECESSARY MATERIAL

- Video: I'm me, available at [www.unicef.es/educa/biblioteca/yo-soy-yo-actividad-educacion-secundaria](http://www.unicef.es/educa/biblioteca/yo-soy-yo-actividad-educacion-secundaria)
- Paper or sticky notes and writing material.
- A surface for laying out and sticking notes.
- Computer and printer.

## EXTRA MATERIAL

- "Safe to learn. Learning in a protective environment": Education in Children's Rights and Global Citizenship. Available at: [www.unicef.es/educa/biblioteca/a-salvo-en-la-escuela](http://www.unicef.es/educa/biblioteca/a-salvo-en-la-escuela)

Recognising that violence is not always visible and can be hidden in daily habits and customs is a very important lesson in adolescence. Only by understanding this, can we act against forms of hidden violence such as poverty, lack of freedom, tribalism, xenophobia, and sexism. Stereotypes, prejudice, and discrimination enable these covert forms of violence to manifest themselves overtly in gender violence, gang fights, bullying, and cyberbullying. Let's get to the root of the problem: Off with the masks!

## Preparing the activity: warm-up

Organise a classroom screening of the video I'm me. The film is about the way we view others through a filter of our own stereotypes and prejudices and not according to their real virtues or defects. The video can be used as a springboard for a class debate on topics such as bias, perceptions, herd mentality, fashion, discrimination, etc. Here are some questions to help you guide the discussion:

- How would you define a mask? Do we put some of them on ourselves? Are some masks put on us by others?
- Is it easier or harder to live mask-free? What's stopping us from removing them?
- Can we think of other examples that could have been included in the video? Can you think of other 'masks' around you?
- Do you know what stereotyping is? How is it different from prejudice? Are stereotypes helpful in understanding reality or do they camouflage it?
- How do we benefit when the barriers go down between us and others?

## #EndViolence

Join the international UNICEF campaign to end violence. Celebrate Universal Children's Day in your school by creating a pro-peace and kindness vaccine. Find out how at: [www.unicef.es/educa/buentrato](http://www.unicef.es/educa/buentrato)





BEROOUND

This is a short activity for the students to get to know each other better:

- Give each participant a class list with a blank space next to each name.
- Ask each participant to write a phrase or word that describes the person in the space next to his/her name. The description must be positive and constructive and mustn't refer to physical attributes.
- Collect the lists and make separate lists for each student with the words and phrases the others have used to describe him/her. If you want to keep things anonymous, type the new lists on the computer and print them, removing any negative comments. Make one per person so that the participants can keep his/her own personal copy.
- Put the lists in a visible place in the classroom and spend some time discussing them, highlighting that the differences between them add interest and variety to the group.
- Some useful questions (either for the group or for personal reflection) might be:

- Was it difficult to find good things to write down about each other? Why/why not?
- Was it more difficult to think of something to write about people you don't know well? How can you change that?
  - How did it feel to read a list of positive qualities that others see in you? Are they right? Does it match what you think of yourself?
  - How are the lists similar and different?
- Do you prefer other people to see you as the same or different to them?
- To what extent do we accept those who are different to the rest? To what extent does the environment allow us to be different?
- What happens when we don't "fit" an image that is generally accepted in our environment? What sort of people do you think "don't fit"? How are they different from you (looks, taste, ideas, attitudes, values etc.)?
  - Do we justify violence against those who are "different" to us?
- What forms of violence in society is perpetrated against those who are considered 'different'? (Possible examples: racism, gender violence, homophobia, violence against people with disabilities or the elderly, etc.)
  - What can do to prevent this kind of violence?