

Facilitators: Ivy Buena
Susan Owusu

Title: *Smashing Stereotypes*

Weren't you taught it's not nice to stereotype? This interactive session will create a roadmap through history and to the present time. It's time we start recognizing our power to smash stereotypes. Now that's nice!

Introduction: Introduce ourselves. Why are we here today? Today we will explore and break down the cultural stereotypes by digging deeper into the social norms, history, hegemonic power, and the dominant structures by engaging in an activity and conversations.

Stereotypes have been embedded in our culture and by recognizing our history and stereotypes, we will learn to imply cultural sensitivity, and it's time we empower each other to become social agents of change for our community.

Ice Breaker: Name/ First initial/ Adjective or Word/ Add a motion/ Have everybody repeat the name and motion

Step Forward Activity: Facilitated by Ivy. If you're willing, please step forward if this scenario applies to you. (Step in activity attached in page 2.)

End Note after activity: Thank you for sharing for those of you who stepped forward. This step forward activity allows us to recognize our differences and commonalities. By recognizing that, we must learn to respect our differences and see this as an opportunity to learn from one another and distinguish the dynamics of our systems.

Princess Activity: Facilitated by Ivy. Let's close our eyes. Let's all picture the most beautiful princess in the land. Where is this princess? What is she doing? What kind of body does this princess have? Short or tall? Imagine the princess's hair, face, and physical features. Take a moment to imagine this beautiful princess.

As we think and reflect about on the princess, think about what you envisioned and the immediate social norm stereotypes that came to mind.
(Transition to Susan's slides)

History: PowerPoint facilitated by Susan Owusu

Small Group Discussion: (Divide into small groups)

What are your personal experiences in regards to stereotypes?

What stereotypes do you hold and want to own? Think about the media or your own community. What are the benefits of stereotypes? What are the consequences?

Report Back From Small Group Discussion: Facilitated by Susan

Brainstorm ideas and solutions to work together as a community as we resist and smash stereotypes.

Discussion, Reflection By Writing Letters: Addressing stereotypes and ways to incorporate what we've learned together and information to take away from our workshop. Each of us will be writing a letter to ourselves to reflect on what we've learned and what we are holding ourselves accountable for.

Love is Love Short Video/ Survey

Step Forward Activity

1. Step forward if you are the first person in your family to attend college.
2. Step forward if English is not your first language.
3. Step forward if you were not born in this country.
4. Step forward if you rarely see people that do not look like you on television and or the media.
5. Step forward if you've ever been marginalized based on your race.
6. Step forward if you've ever been marginalized based on your gender.
7. Step forward if you've ever been marginalized based on your ethnicity.
8. Step forward if you've ever been marginalized based on your disability.
9. Step forward if you've ever been marginalized based on your religion.
10. Step forward if you've ever been marginalized based on your socioeconomic status.
11. Step forward if you've ever been bullied.
12. Step forward if you were told to not cry in public.
13. Step forward if your family struggles with finance.
14. Step forward if you are happily married or have parents that are still together.
15. Step forward if your parents are divorced.
16. Step forward if you consider yourself a leader or an activist.