



# Challenging Stereotypes

sharing practice sheet

no. 3

This exercise encourages people to draw rather than describe stereotypes. The pictures then provide a stimulus for others to examine their own stereotypes, and then challenge the stereotype based on their own experiences. By drawing and painting the groups also have a chance to communicate without feeling threatened. The artistic talents can create laughter and break down some of the tensions people feel when asked to challenge stereotypes.

## Step by step

1. In pairs draw pictures of first things that come into your head when the following words are said:

- Drug addict
- Teenage girl
- Football fan
- Muslim
- Managing director
- Disabled person

The list of words can be changed depending on the group you are working with.



This exercise was used as part of a practice sharing event held in Southampton on April 8th 2003. The event was organised by the Federation for Community Development Learning, Training for Work in Communities and the Workers Education Association. Other information sheets from this event include: Using games (sheet no.4) and Using mapping (sheet no.5)

The Southampton event is part of a series of practice sharing events being co-ordinated by the Federation. The aim of the events is to both celebrate and share examples of good practice within community development learning.

2. Split participants in small groups (3-4 in each if possible). Ask each group to select one of the above and compare the pictures and the stereotypes they portray. This discussion will draw out the experiences of participants and offer an opportunity to explore some of the misconceptions and prejudices.
3. Using paint and playdoh, ask the smaller groups to paint a larger picture to:
  - Do a reality check: what do people look like in reality
  - Challenge the stereotype: what is wrong with the stereotype?
4. Ask the small groups to feedback on their pictures and the lessons learnt through the exercise.

## Challenges

The exercise might draw out a range of prejudices from participants. The trainer needs to be aware of how each group is interacting and challenge inappropriate language and behaviour where necessary.

## Resources

Small pieces of paper (A3/A4), felt tips, paints, playdoh, flipchart paper, water and paint brushes.

## Time

The exercise has been run in one hour with 10 participants but might need longer if more people are involved.

