

Confront Stereotypes Head-On

This activity is a great way to break down misconceptions and stereotypes by giving people a chance to self-identify, while also addressing the stereotypes that can accompany these identifying factors.

Here are the steps for “I Am, But I am Not”:

- Each participant folds a piece of paper in half to create two separate columns.
- In the first column, they write “I Am”.
- In the second column, they write “I Am Not”.
- In between these two columns, write the word “But”.
- The final phrase will read “I am ____, but I am not ____.”
- Participants fill in the first blank with some kind of common identifier, such as their gender, race, religion, or age, and the second with a common stereotype about that group which is not true of them (whether the stereotype is positive or negative).
- Make sure there are no questions and have everyone write at least 5 statements.
- Allow participants to share their statements with the team and have an open and respectful discourse on stereotypes.