



Writing for Change

RAISING AWARENESS OF DIFFERENCE, POWER, AND DISCRIMINATION

1.6 Looking at Looks

Objectives

Explore feelings and attitudes around discrimination based on appearance

Discuss strategies for dealing with this kind of discrimination

Discuss effects and outcomes of this kind of discrimination

Materials needed

Pen and paper, or copies of the handout

Time needed

Five to ten minutes

Instructor directions

Have your students write for five minutes about experiences they had being discriminated against based on their appearance (size, shape, coloring, visible disability, features, etc.).

Have them answer questions about how it affected them.

Have them exchange their accounts with partners and discuss.

Variation

Have your students write for five minutes about experiences they had being discriminated against based on religious affiliation.



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1.6 Looking at Looks Handout

Directions

Write for five minutes about an experience you had being discriminated against based on your appearance (size, shape, coloring, ability, features, etc.).

Answer the following questions:

What aspect of your appearance was disparaged?

Who were the participants in the event or situation?

How did you respond to the incident at the time?

Was your response effective in minimizing or ending the discriminatory behavior?

Did you experience any effects from the incident later?

Were there any positive outcomes or changes in you as a result of the experience?

Exchange your account with the person sitting next to you. Discuss your insights.

Variation

Write for five minutes about an experience you had being discriminated against based on your religious affiliation. Follow the directions above.