



Writing for Change

RAISING AWARENESS OF DIFFERENCE, POWER, AND DISCRIMINATION

3.5 Exploring Your Mobility

Objectives

Develop an awareness of the ways in which clothing can restrict or allow movement.

Experience a different level of mobility based on clothing.

Develop an awareness of the ways in which clothing can affect self-image.

Materials needed

Copies of the handout

Time needed

Several hours

Instructor directions

Have your students choose and adopt a different way of dress based on the descriptions given.

Have them write up or report on their experiences as they relate to physical and psychological effects, self-image, etc.



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Directions

Reverse your usual mode of dress for a day. Choose one of the following:

If you normally wear clothing that is difficult to don, tight or restrictive, or is easily damaged; wear clothing that is loose, allows movement, and is resistant to stains and other damage.

If you normally wear clothing that is durable, easily donned, and allows freedom of movement; wear clothing that is difficult to don, restricts your ability to move freely, and is easily stained or damaged.

Answer the following questions:

How does the change in clothing affect your physical movement? The activities you can/feel able to perform? Your ability/willingness to engage in messy or strenuous activities? Cerebral or verbal activities? Does the size of your “personal space” change?

How does the change in dress affect the way you see and feel about yourself? Do you feel more or less empowered, competent, and able? Is your identity affected as it relates to gender, race, class, sexual orientation, age, religion? If so, how?

How does the change affect the way others perceive and treat you?

Will you make any changes in the way you usually dress based on your experience with this exercise? If so, what changes?

Are there other repercussions that extend beyond the immediately visible?