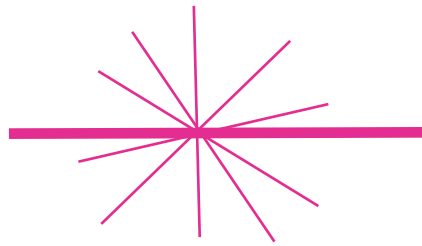






This method sheet will lead you through the activity “IDENTITY EXERCISE” used to help participants become aware of their different identity positions and their connection to status and power.



ACTIVITY STEP BY STEP

	90 minutes
	Adaptable for 10 – 40 participants
	Masking tape
	<ol style="list-style-type: none"> 1. Make a circle with participants and do a round with names. 2. Explain them that they will start to walk in the room with no direction to the signal they will start to exchange names this way: “When you meet someone you shake hands with this person saying: Hello my name is (your name) and the other person answers Hello my name is (his/her name) at this moment the names have exchanged so you take with you the name of the other person. You continue with the shaking hands and greetings so when you meet someone else you say Hello my name is (not your real name but the name you took with you in the last exchange) and you leave the greeting with a new name the other person gave you and the other one leaves with the name you gave him or here. Eventually your name can come back to you if it happens you leave the game going behind a line of masking tape (you set in the room previously)



3. When some people have found their names you stop the game and you start doing a "discriminator" role and you demand cheering and clapping for the ones that found the name and you leave out the ones still searching for their names as losers (or something close to this sense).

4. You leave the role and you debrief "How they felt? (Each side) And if this happens in society if it happens that there are power roles positions that labels us or parts of us (parts of our identities as bad and good, parts that gives us social power and parts of us that gives us low social position)

5. You set in the floor crossing the line you set before vertically to make like a star. You set up a line for each part of our identity you want to explore mainly the "abismal lines" of Boaventura de Sousa Santos

- Gender : Male/Females, Gender expression, Sexual Orientation and Gender Identity.
- Race: Skin colour or Phenotype , Administrative situation, Cultural Identity
- Age
- Cience vs religion
- Social class
- (You can add others but those are the basics)

For every line you can ask the group which are the privileges and the oppressions society gives in depending on which part of the line we fell into.



First is important you as leader of the exercise do it for yourself and look for literature to explore each topic if you are not affected directly by it, for instance literature around the discrimination not heterosexual people lives or the discrimination of people of colour

CC-BY-NC-SA



This activity has been developed by LaXixa Teatre. It is under the creative commons licence "Attribution-NonCommercial-ShareAlike" which lets you remix, tweak, and build upon our work non-commercially, as long as you credit us and license your new creations under identical terms.

IRIS PROJECT PARTNERS:

Élan interculturel (Paris) In Touch (Amsterdam) La Xixa Teatre (Barcelona) KÉPES Foundation (Budapest)

IRIS is a project (strategic partnership) within the Erasmus+ programme of the European Commission. It is a Youth project, financed through the French National Agency. Its reference number is 2018-1-FR02-KA205-014096



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.