

8 LABEL JARS NOT PEOPLE

Aim

To explore participants' stereotypes and prejudices and the impact these have on other people.

Time

35 minutes

Materials

Flip chart paper and Post-it notes or sticky labels.

What to do

- Write the labels on post-it notes or sticky labels. Select four groups from the list, choosing those which are most appropriate to your participants and the theme of the workshop. Label four pieces of flip chart paper with the names of the four groups.
- Ask four volunteers to each be a person from one of the groups and give each volunteer their sheet of paper.
- Ask the remaining participants to form pairs. Divide the labels among the pairs. Ask each pair to decide which of the groups each label best fits and to stick the label on that volunteer's piece of flip chart paper.
- Ask the volunteers to decide which labels they want to keep and which they don't and to divide the labels on the flip chart paper accordingly.
- Bring the group back together for discussion.

Discussion Questions

- Which labels did the volunteers like and dislike? How did it feel to have certain labels dumped on you?
- Do the labels accurately reflect the groups to which they were attached?
- Where do our ideas about these groups come from?

GROUPS

American
African
Unionist
Asylum seeker
Garda
Dubliner
Traveller
Single mother
English person
Woman
Vegetarian
Teenager
Hoodie wearer
Muslim

LABELS

Happy	Drunken	Lazy	Copycat
Good listener	Bad listener	Crazy	Bully
Boastful	Funny	Rich	Pitiful
Intelligent	Fat	Mean	Greedy
Stupid	Sponger	Cold	Optimistic
Sensitive	Poor	Pessimistic	Carefree
Aggressive	Humble	Hard working	Different
Strange	Generous	Sly	Warm
Dirty	Strong	Kind	Loyal
Posh	Rude	Good looking	Boring
Selfish	Bossy	Moral	Sexy
Victim	Musical	Old fashioned	Loving
Evil	Cruel	Creative	Peace loving
Liberal	Outgoing	Energetic	Backward