

**Name of Program:**

Bursting Stereotypes

**Author:**

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**Target Audience:**

All of them

**Strategy for Implementation:**

Activity

**Time of Year to Implement:**

Anytime - After Gender/Sexuality/Race Training

**Relevant Learning Goal:**

Goal 3: Interpersonal Intelligence

**Learning Outcomes:**

Students will display effective interpersonal communication skills such as effective conflict resolution strategies, verbal and nonverbal reactions in social situations, and how they differ amongst individuals.

**Specific Lesson Outcomes:**

Understand and follow IMSA policies and the responsibilities of all IMSA students

**Purpose:**

The purpose of this program is to educate others on what stereotypes are and how individuals don't relate to those stereotypes.

**Introduction**

Define the stereotypes. Ask your wing to give the definition Talk about where stereotypes come from. (add more and add source...)

**Body of Program**

Make sure each student has at least one balloon and a safety pin or a sheet of paper.

Instructions if using Balloons

- Blow up your balloon

- Take a marker and write a stereotype people associate with you that is NOT true
- Go around and say why you wrote yours on your balloon, once you have spoken, take the safety pin and BURST THE STEREOTYPE.
  - Or crumble up and toss their paper into a recycling bin?

## Instructions



- Blow up your balloon
- Take a marker and write a stereotype people associate with you that is NOT true
- Go around and say why you wrote yours on your balloon
- Once you have spoke, take the safety pin and BURST THE STEREOTYPE.



### **Wrap Up**

[https://docs.google.com/presentation/d/1owekNBrohtm34MFrMfuFZZD8\\_YPwFFhbASfYjzicrHA/edit?usp=sharing](https://docs.google.com/presentation/d/1owekNBrohtm34MFrMfuFZZD8_YPwFFhbASfYjzicrHA/edit?usp=sharing)

### **Assessment:**

What knowledge did you gain about stereotypes?

How do we work to burst stereotypes in real life?

What harm can stereotypes cause?

### **Sources:**

- <https://momentousinstitute.org/blog/why-stereotypes-are-harmful>
- <https://theconversation.com/the-terrifying-power-of-stereotypes-and-how-to-deal-with-the-m-101904>