Social Club

BRIDGE Lab

Activity 2.2

Recognizing and Breaking Stereotypes

Stereotypes oversimplify people and cause harm by limiting how others are seen and treated. Challenging false ideas helps create a more inclusive environment where individuals are valued for who they are, not for assumptions made about them.

Step 1 (15 minutes): Critical reflection

Let's start the exercise with group work (3-5 people). Make a list of 3-5 stereotypes you think are common in your society (Boys like sports / Girls like to put make up on...). Discuss why or how they do not represent everybody belonging to this category.

Step 2 (30 minutes): Creative action

Create a poster with an image, phrase, or slogan that challenges or breaks the chosen stereotype, focusing on positive and inclusive messages.

Step 3 (30 minutes): Sharing

Make a poster exhibition and share the key message and thinking behind your group's poster.