Social Club

BRIDGE Lab

Activity 3.2

My Identity in Context

Different environments enable us to express ourselves a little bit differently. We must assess which spaces are safe and which are not. And in different environments we also have different roles and responsibilities which have an impact on our communication and interaction. In your family you might be a brother or a son, at school a student, at work a colleague or employee and in a hobby an athlete. Roles vary. Nevertheless, in all of these roles you should feel respected and belonging.

Step 1: Individual work (connecting identity to self, roles, and belonging, 10-15 minutes)

- Write 3 words that describe who you are.
- Write 2 roles you have right now (e.g. student, trainee, worker, friend).
- Write 1 group or context where you feel you belong to.

Step 2: Linking culture to identity and belonging

Reflect in pairs:

Are there any environments where you feel especially recognized and respected?

Why do you think so? And what are the elements that make you feel recognized and respected?

If you feel safe enough to share, you can also discuss on:

What elements have you experienced or witnessed that create an atmosphere of dis-respect or exclusion?

What happens if identities are not recognized or valued?