



# STEP #1/1

## MAYBE WE HAVE MORE IN COMMON THAN WHAT WE THINK?

After you have watched the video, please discuss the following questions:

Have I ever experienced the situation of being put in a box by someone and feeling that he/she thinks he/she has nothing in common with me? What did I feel and how did I react?

Have I ever put other people in a box and thought that they are completely different from me, so that nothing connects me with them? What did I feel and how did I react?

Did I find out that someone was not in the 'box' where I had put them and that we had more in common than I thought? How did I come to this conclusion?



# STEP #1/2

## THE DANGER OF A SINGLE STORY

After you have watched the video with Chimamanda Adichie, please discuss the following questions:

Do I have the experience of being determined by others on the basis of a “single story”? If so, what stories have I been reduced to?

How did I experience this and how did I deal with it?

When I think of your own dealings with other people: Have I ever reduced another person to a single story?

If so, how do I deal with this?

What helps me to open my mind and become open to other, diverse stories about the other person?

## STEP #2/2

### GENERALIZATIONS, PREJUDICES AND DENIGRATION: HOW TO DEAL WITH THEM?

#### Challenges and key strategies for dealing with prejudice

#### What can you do if someone is generalizing and showing his/her prejudices?

You could question him/her asking to concretize and justify his/her statements. You could ask for example: How do you know this? Where did you find that information? You could confront him/her with facts, which contradict the prejudice. This presupposes, however, that you are informed yourself and the other is still open to arguments. Since this openness is not always the case, it is not always possible to convince the other. Nevertheless, you can and should «say no».

#### What can you do if the prejudices are aggressively expressed and you experience the other person as powerful?

This can create fear. Therefore, you could ally yourself with others especially in group situations or in public. But aggression can also produce counter-aggression. So, you should try to stay as calm as possible (e.g. without shouting) and at the same time to represent your position very decisively.

#### What can you do if the prejudices and denigration are represented in a very strong way?

This might tempt you to become arrogant and to devalue or insult the other (who devalues other people). This makes him feel confirmed in his position. So, you should reject the prejudice or the denigration clearly and unambiguously, without devaluing the other person himself.

#### Sometimes prejudices or denigration make you feel uncertain of your own values (even if the prejudice or devaluation is about other people).

For an appropriate and clear reaction, it is therefore helpful to know what is important and valuable to you. The better you know your own values, the better you can stand up for them!

## REFLECTION



Try to draw a situation in which you or another person clearly experience a behaviour that is characterised by prejudices and denigration. This can be a real situation or even a cartoon. Take a picture of it.



Note three statements about yourself that you would reject because they do not adequately describe you as this concrete person or that do not respect you as the individual person that you are.