

# Identity Activity

## EXPLORING OUR IDENTITIES

### AIMS

- To explore the various social and cultural influences shaping participants' personal identities as young people.
- To help build group trust.

### TIMING

1 hour

### WHAT YOU NEED

- Blank paper/posterboard/flipchart paper
- Magazines, newspapers, images that participants can cut out
- Pens, coloured pencils, art supplies
- Sticky tape or other adhesive
- Scissors

### THIS ACTIVITY HAS FOUR STEPS

- Step 1:** Building collages – individual work (15 min)
- Step 2:** Sharing collages – group work (20 min)
- Step 3:** Reflections – plenary (20 min)
- Step 4:** Take action (5 min)

### FACILITATION TIPS

- ✓ You can adjust the time for this activity according to your group size and needs.
- ✓ To save time, or to give participants more time to work on their collages, explain the concept to participants before the session and ask them to come to the session with their collage prepared.
- ✓ Try to find a wide variety of media with lots of colourful images – you could ask participants to bring some materials with them to the session. Make sure to include magazines and newspapers that target men, women and young people.
- ✓ If you are unable to locate any relevant materials and images, you can adapt the activity accordingly. For example, you could ask participants to draw images that they feel represent them.

Dax de Castro, Amnesty International Philippines co-ordinator, and supporters at a rally in Metro Manila to encourage the passage of the anti-discrimination legislation for sexual orientation and gender identity, August 2006.



## Step 1: Building collages (15 min)

### Individual work

- Place magazines and newspapers on the ground in the centre of the space.
- Ask participants to use the materials and art supplies to create a personal description of themselves in images, either through a collage or a drawing.

## Step 2: Sharing collages (20 min)

### Group work

- Ask participants to get into groups of four (or you can use an activity to divide them into groups).
- Give participants a few minutes to explain their collages to each other in their group.
- Ask the participants to reflect on and share their responses to the following questions in their groups:
  1. What was your experience of trying to find images that represented you?
  2. How did it make you feel?
  3. What influence do you think the media has on how young people view themselves?

## Step 3: Reflections (20 min)

### Plenary

- Bring the group back together and ask them to reflect and share their answers to the following questions:
  1. How do you think young people are portrayed?
  2. How do you think men are portrayed?

3. How do you think women are portrayed?
4. How are the above groups portrayed by media, their families and communities?
5. How does this affect how we feel about ourselves and the decisions we make?

## Step 4: Take action (5 min)

- Reflect on how we can take action on what we have learnt.
  - ▣ How would the participants themselves like to be portrayed by the media, by their families or communities?
  - ▣ What can they do to share how they would like to be portrayed, how they see themselves as young people, men and women?
  - ▣ What can we do to challenge the way young people, men and women are being portrayed in the media, families and communities?



Activists discuss *Body Art* by Hikaru Cho (Choo-San) at a workshop to launch Amnesty International's *My Body My Rights* campaign, Switzerland, March 2014.