

Discrimination Incident Cards

Goal: To raise awareness of every day racism, sexism, etc. and how discrimination can leave lasting effects/thoughts/influences on people.

Time: 10 minutes to fill out cards, 15-20 minutes for discussion

Materials: Notecards or paper

When: It is best to do this activity in the middle of the semester where students might feel a bit more comfortable sharing and discussing these kinds of sensitive topics.

Instructions: Hand out a notecard to each student (students can use half or full sheets of paper, but notecards would be best). Instruct students NOT to write their names on the notecards. Then instruct students to think of a time that they were discriminated against (for their gender, race, ethnicity, religion, disability, age, class, or anything else they can think of) and document it on the notecard. Afterwards, collect all of the notecards and shuffle them. Then proceed to go through and read all of the notecards out loud. After each notecard, pause and allow students to comment or give remarks.

Follow Up Questions:

Which of the cards really stuck out to you? Why?

Reflect (in silence) on a time you may have discriminated against someone, whether knowingly or unknowingly.

How is discrimination hurtful?

How can you, as students, stop discrimination when you see it?

SOURCE: Fralick, M. N.D. *Instructor Manual: Appreciating Diversity, Write about an Incidence of Discrimination*. Retrieved from <http://www.collegesuccess1.com/diversitym.htm>