

Erasmus+project “Healthy Minds – Wellbeing at school”

[www. Healthymindsproject.net](http://www.Healthymindsproject.net)

Unit 14, Discrimination

Objectives/impact:

- 1) Developing critical thinking on discrimination
- 2) Developing more knowledge about discrimination and how it effects the society and the individual
- 3) Provide participants with tools to prevent discrimination
- 4) Strengthening social skills like communication and team work

Learning outcomes

Based on this lesson the participants will be able to:

Knowledge: define and describe the concept of discrimination

Skills: identify and explain how to prevent discrimination

Attitude: understanding the consequences of discrimination

Target group

Secondary School Teachers, schools students 16+

Time assigned

approx. 40 min per activity

Title	Short description	Material	Time
Opening activity Introduction	<p>This training module will guide the participants through the definition of discrimination. It will enable the participants to understand it’s context and what is meant by discrimination.</p> <p>The module gives the participants ability to identify discriminatory behaviour and facts about discrimination of grounds including sex, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, property, birth or other status.</p> <p>The universal declaration of Human Rights and is an important document in this dialogue.</p>		Approx. 30 min
Activity 1	To begin with, it is important to clarify some things for the participants:	A large paper for writing down what you discussed	approx. 40 min

<p>Aim: to connect new knowledge with what they already know about discrimination</p>	<ul style="list-style-type: none"> • Defines no right or wrong • The intention is to show that there are different opinions • Interrupting each other is not allowed • No one is forced to speak or motivate their opinion • It is ok to change your mind during the exercise <p>In order to understand how others experience human rights violations, it is important to reflect on situations where one has felt himself or herself and their own role in violations of other people. The exercise aims to look at how the students themselves are affected and affect discrimination.</p> <p>Divide the participants into small groups and let them reflect and discuss following:</p> <ul style="list-style-type: none"> • Have you ever felt discriminated? If so when? How? Explain! • Have you ever felt offended? If so when? How? Explain! • Have you ever offended or discriminated anyone else? If so when? How? Explain! <p>Let the student write down what they have discussed.</p> <p>Sum up the activity by a reflection in the whole group. What is the experience in the group?</p>	<p>Worksheet 1 Discrimination</p>	
<p>Activity 2</p> <p>Aim: What is discrimination? Explore what discrimination is?</p>	<p>Divide the participants into pairs. Let them discuss following:</p> <p><i>What is discrimination to you? How do you want to define discrimination?</i></p> <p>Let the participants present to the whole group what they discussed in the smaller groups.</p> <p>Use worksheet 2 to list what they think is discrimination.</p>	<p>Material:</p> <p>https://www.equalityhumanrights.com/en/equalityact-2010/whatequality-act</p> <p>Worksheet 2 Discrimination</p>	<p>approx. 40 min</p>
<p>Activity 3</p> <p>Aim: What is discrimination and what is not?</p>	<p>Let the participants read the declaration of Human Rights.</p> <p>Then go back to the list of acts of discrimination from activity 2. Let the students compare their list to the Human Rights articles.</p> <p>Are there any differences? Reflections?</p> <p>Then watch together a chosen video about discrimination.</p>	<p>Material:</p> <p>The universal declaration of Human Rights, Youtube, the list of acts of discrimination from activity 2</p> <p>https://www.equalityhumanrights.com/en/secondary-educationresources/lessonvideos</p>	<p>approx. 60 min</p>

	<p>Discuss the video in small groups or in the whole class - What is your general reflection of the video? - Are the people being treated fairly or unfairly? - What discrimination is taking place and by who? - How would the discrimination make the victim feel?</p> <p>Write down what you have discussed.</p>	Worksheet 3	
<p>Activity 4</p> <p>Aim: Closing activity, to sum about the topic, lessons learned</p>	<p>Finally, end this topic by letting the students sum up what they have learned about discrimination and human rights.</p> <p>Let them make posters using large papers, colour pens, and other colourful material like letters cut out from news papers/magazines. Put up the posters in the classroom. Let the students present their posters to the class.</p>	large papers, colour pens, new papers and magazines	approx. 40 min