



**I am one**  
**I am many**

Name

Gender

Birthday

Blood group

Phone

Address

Best friend

page

1

**First, get familiar  
with the kit**

*Start on page 1. Read through  
the whole booklet, and try  
answering the questions.*

page

13

**Later, you can  
involve your friends**

*Start on page 13. Play the  
games first, and then discuss  
the topics in the pink section.*



# Who am I?

Even if you have asked yourself this question before, take some time and think about it...

*You may come up with many different answers. Each one will describe you a little bit, not completely.*

We often describe ourselves through *characteristics*. For example - being brave or timid, friendly or shy, cautious or impulsive - are different characteristics a person may have. These usually do not reveal much about our place in the society.

*Name some characteristics that you can use to describe yourself.*





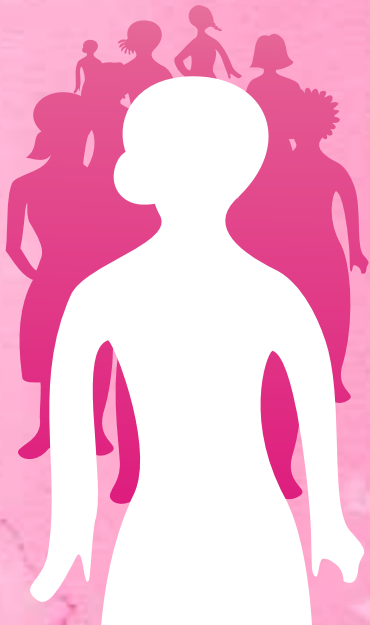
Using *identities* is a different way to describe yourself to others, or for others to describe you. Some examples of identity are gender, nationality, work and food habits.


Identities are linked to our sense of power, and our place in the society.

*Name some identities that you can use to describe yourself. You can use the cards for ideas.*

Each identity helps us to feel togetherness with people who share that same identity. For example, if you identify yourself as a woman, you feel you belong to the larger group of all women.

*Name an identity that you are proud to have.*



A collection of light pink silhouettes of people in various poses, some standing and some sitting, arranged in a group behind the main figure.

But just because you share one identity, it does not mean that you are identical to each of the members of the group.

*Even if you share one identity with others, what makes you a part of other groups too?*

We have many identities. Each identity is like one facet of a diamond. Different identities become important in different contexts.

*which identity would be important when a person ... ① ...wants to get married ② ...wants to donate blood ③ ...appears for a job interview?*



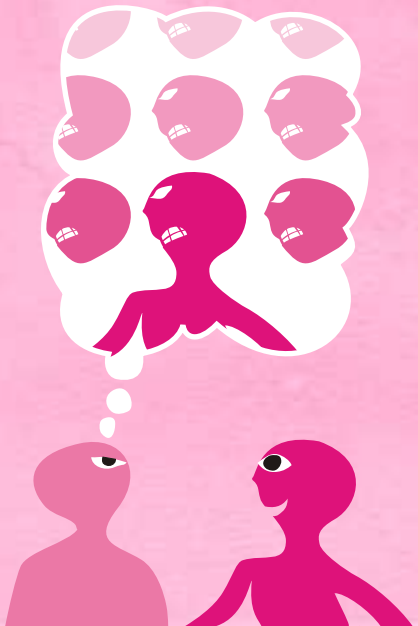


We get some identities from birth, while some others we acquire in our lives. Some identities are thrust upon us even though we may not want it.

*have you ever had to carry an identity you did not want?*

A stereotype is an unfair assumption about a group of people, based on half-truths about some of them. Stereotypes are what some people use to judge other people, and disregard their individual qualities and differences.

*Have you ever been judged on the basis of a single aspect of your identity?*





Identities are often burdened with stereotypes. For example, we may wrongly assume that “Women” are weaker than “Men”, or “Hindus” are more caste-ist than “Buddhists”, or “Urban” people are more cunning than “Rural” people.

*Have you ever judged others on the basis of a single aspect of their identities?*

Judging people by stereotypes has often been the cause of conflicts.

For many decades, citizens of South Africa were discriminated against because of their skin colour. Thankfully, people like Nelson Mandela were able to convince the world that this was wrong.

*Share any identity based conflict that you may know about.*





In all conflicts, big or small, identity stereotypes are often exploited - by us or others - to justify actions that hurt.

We need to become aware of this. We need to value each other's differences.

*In the conflict you mentioned earlier, what stereotypes are used, and to justify what actions?*



# Playing with the Cards

*These are games you can play with a friend, or in a group. To set up, arrange the cards by numbers as shown in the picture.*

*For each identity, there are several options, and one card marked “? Other”. This card can be used to represent any identity not shown in the set.*



# "Who am I?"

*The aim of this game is to guess which person is being thought of, using the cards as clues.*

## **Rules**

- 1** *The cards are laid out as shown in the picture on the previous page. One player must think of a person that the other knows about; a common friend, or a famous person, for example.*
- 2** *Picking one card at a time, the player gives clues about the identity of the person. After each clue, the other person can guess, or ask for another clue.*



- 3 In some cases more than one card of the same colour can be used. For example the person's role in the family could be that of a daughter, a sister, a wife, or even all three.*
- 4 If all the cards are exhausted, and the other person has not guessed, the player can give verbal clues on other aspects of the identity.*
- 5 Players must note down how many clues it takes. If more than 20 clues have been given, the player must give the answer, and then switch roles.*
- 6 After a few rounds, or about 20 minutes, the players can count how many clues it took on an average to guess someone's identity.*

***Game message : It is impossible to define a human being completely just through a few aspects of the person's identity. An individual is a lot more than just a collection of identities.***

# "People think I am..."

*The aim of this game is to guess which card the player is holding, based on verbal clues that are **stereotypes** of that identity.*

## **Rules**

- 1** *The cards are shuffled and the deck is placed face down in the middle. One player takes a card from the top, without showing it to the other person.*
- 2** *The player then gives a clue by saying "People think i am...", and then adding a common stereotype that describes the identity. For example, for the "Age - youth" card, the clue could be "People think i am immature".*

...

...

...



- 3 The other person must guess what the card is after each clue. If it is correct, the card is "won" by the guesser, and the players must switch roles.*
- 4 If there are no correct guesses after 5 clues, the card is kept aside. The clue giver must take a new card and repeat the process.*
- 5 After a couple of rounds, or about 20 minutes, the participants can count up the cards each one has won.*

***Game message : Each identity is loaded with stereotypes, or shared assumptions. In this game "winning" a card is recognising the familiar stereotypes.***

***Be aware that the better you are at guessing, the more likely you are to be thinking in terms of stereotypes!***

# New Identities

*This is a drawing activity to add identities to the existing set. It is better to do this after the group has become familiar with the other games.*

## Rules

- 1** *Players sit with all the cards arranged face-up in the centre. One person is chosen to be "described" through the cards. Other players must choose the appropriate cards, and arrange them as a second collection.*
- 2** *The chosen person can review the selection and name any important identity that is required to describe her, but is missing.*



**3** *Once the missing identity has been named, the player must draw it out in one of the blank cards. It would be good to have a discussion on how that identity can be shown. **Remember, it must be an identity, not a characteristic. To be clear about the difference, see pages 2 and 3.***

**4** *If a sketch or doodle is not possible, the identity can be simply written in words. When the new card is complete, it is added to the deck. All the cards are brought together again, and the players switch roles.*

**5** *After a couple of rounds, or about 20 minutes, the participants can count up all the new cards in the deck.*

***Game message : We have numerous identities - Some are obvious, others are subtle. Being aware of them helps us strengthen our sense of Self.***

# Appreciating the "Other"

*This activity is to help us think about our own reaction to different identities, and how we can appreciate other people. This is a thinking activity for one person.*

## **Rules**

- 1** *Shuffle the cards and sort them into two piles:
  - 1** identities that you are comfortable with and
  - 2** identities that make you feel uncomfortable.*
- 2** *Lay out all the cards in the second pile. Look carefully at the collection, and try to think of a person who has some of those identities. It has to be a real person, someone you have interacted with.*

**3** *It may be difficult at first, but try to focus on one person in your thoughts, and visualise him or her. Study the cards in front of you; try to concentrate, one by one, on specific identities of the person. At this point, you can turn over any card that does not feel relevant in the context.*

**4** *Ask yourself these questions :*

- *“Have I thought, said or done anything that is hurtful to this person?”*
- *“Have I used any of these identities to justify my actions?”*
- *“What will i do differently the next time I meet this person?”*
- *“What identities do you share with this person?”*

*Game message : It is not easy to let go of our prejudices, but it is possible. It makes us more accepting and appreciative of people who are different from us. The fewer prejudices we have, the happier we are.*



**We Can**

[www.wecanendvaw.org](http://www.wecanendvaw.org)

© 2009