



# Lakeshore Ethnic Diversity Alliance

Calling All Colors... Youth Voices Matter

## Lesson 1 Activity: Using Our Voices to Heal Our Schools and the Labels We Carry

**Objectives: For facilitators only do not read aloud!**

- The opening exercise will allow students to be introduced to the group of CAC peers they will be in community with for this breakout session and hear about the various reasons and ways their peers hope to impact their school communities through their CAC participation.
- The second activity will allow students to be transparent in a confidential manner about the issues and concerns they and their other peers deal with at their schools as it relates to stereotypical and hurtful labels as it relates to their gender, race, ethnicity etc. The sharing out portion will help students to understand that similar struggles and passions are shared throughout the CAC community.
- The last activity will allow students to begin to think about the work they can cultivate at their school once they return from the conference.

**Supplies:**

- PC or Laptop with overhead screen and access to YouTube.
  - Blank white pieces of paper for each participant.
  - Markers for each participant.
  - Tape for each participant to hang their final activity on the whiteboard.
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**Step 1:** Facilitator Welcome: Welcome to the Calling Colors 2021 Youth Voices Matter Conference. The title and focus of this session is “Using Your Voices to Heal Our Schools and the Labels We Carry! “

We are going to begin with a brief ice breaker.

## **Opening Icebreaker (7 minutes):**

**Step 2:** Facilitator, introduce yourself, sharing some aspects of what you do professionally, how you work to make your communities more inclusive and why you chose to be a facilitator today. Then instruct CAC Participants: Please share your name, school, grade and why you decided to participate in Calling All Colors this year and your favorite dessert!

**Step 3:** Facilitator, please read: To ensure we have a courageous and respectful space today we will be using the Calling All Colors Courageous Space Rules. I will read them to see if there’s anything the group would like to add.

Please read each safe space ground rule:

## **Calling All Colors Safe Space Rules (5 minutes):**

\* Read only the underlined portion in the interest of time. But display the entire rules.

**Be 100% present!** – we will be tackling some tough topics so please give each the respect of setting your phone and other distractions aside to be fully here.

**Listen deeply!** – Listen fully to learn from each other, not to respond with your argument or thoughts that you think is better.

**No Judgement!** – We are not all the same which means we have different ideas, perspectives and cultures. Don’t judge because someone has a different idea than you.

**Speak your truth!** – We can only speak for ourselves and experiences. We can not represent our entire gender, racial/ethnic or cultural group.

**Respect Each Other!** – If we disagree we will do it respectfully and with care.

Facilitator please read: Would anyone like to add any rules to the list today? Facilitator, once no other rules are up for discussion please ask for a thumbs up that everyone can adhere to protecting the space by abiding by the rules.

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## **Video & Discussion (7 minutes):**

**Step 4: Facilitator Read:** We have all been referred to or talked about as a label that didn't truly describe who we are as a person and therefore was hurtful. Part of your role as Calling All Colors Leaders is using your voices and ideas to help your schools move beyond these labels and the hurt that comes from them.

We are going to begin by watching a video entitled "The Labels We Carry," that will help to further explain.

Facilitator please play the YouTube video: [https://www.youtube.com/watch?v=hNS\\_D-pw8y4](https://www.youtube.com/watch?v=hNS_D-pw8y4)

**Step 5: "Reflection"**

## **Reflection (2 minutes):**

**Facilitator Read:** Next we will go around and share one word that explains our reactions or feelings to the video. I will start. After every student has participated please share, thank you for being so open we are not going to transition into an activity that helps us to dig deeper into the effect of labels.

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## **"The Labels We Carry" (25 minutes)**

**Facilitator Read:** Like the video highlighted, we have all been called or referred to by a stereotypical and hurtful label as it relates to our gender, race, ethnicity at one time. A label that does not represent who we truly are. This could've been in the past or present at school, at home or in our community. For this next activity we are going to ask that you share this in a confidential manner.

**Part 1**

**Facilitator Read:** For this activity everyone will need a marker, piece of paper and enough room so no one can see what you are writing.

- Each person will write boldly one word at the top of the paper that describes a label that has been placed on them.

- Then in the middle of the paper we are asking that you write a sentence that describes what occurred when you were called this label. We are asking that you keep all language appropriate in your sentence and word, and leave any names/descriptors out of your description to keep your experience confidential. Only share an experience you are comfortable sharing. Though it will be confidential it may be read aloud during the second part of the activity.
- Once you have completed your word and sentence, ball the piece of paper up and wait for further instructions.

\*\*\* Facilitators, once everyone is complete, designate a spot or area in the room and have every student throw their balled-up piece of paper in this area.

**Activity Part 2 & Discussion:**

**Facilitator Read:** For this next part of the activity everyone will proceed to the area where the papers are now located and grab one. The goal is that you do not grab your own. Once you return to your seat, we will be asking a few Calling All Colors Leaders to read their papers. **(Facilitators don't read aloud: please gauge if you will have time for 4-6 paper testimonials depending on how you're doing on time.)**

- We are now going to hear several testimonials aloud. Please listen intently to the feelings and experiences of your Calling all Colors peers. Who would like to share? Facilitators try to utilize volunteers first before calling on leaders.
- Now that we have heard some testimonials let's spend some time hearing your thoughts.

Discussion questions:

1. These are real life experiences, some which are likely similar to things experienced by your own peers at your school. How did hearing these stories make you feel?
2. Was there any specific story that you could relate to?
3. How can you as Calling All Colors leaders help to change your school for the better so future school peers don't have these types of experiences at your school?

**Facilitator Read:**

Thank you for being open and so actively engaged. The 3 goals of this session were to allow you to meet other CAC leaders who will be doing the same impactful work you're leading at your schools, here about some real lived experiences that potentially happen, and begin your thoughts and brainstorming about ways to prevent further acts of stereotyping, bigotry and discriminating in your school communities. We can't wait to see and hear what great Action Plans you launch when you return for the Spring Calling All Colors Conference!