

One Step Activity



Certain people because of their race, gender, ability, economic status, or lifestyle, have a right or advantage to certain power, rewards, and benefits. To recognize this underlying difference this activity will ask participants to risk identifying their areas of privilege and oppression. The purpose of this activity will be to raise self-awareness of diversity at the personal and community level.

Participants will be asked to reflect on the steps that ultimately place themselves and others on a continuum of privilege and power. Those standing furthest from the starting point are those that have the most power/privilege based on their race, gender, ability, economic status, or lifestyle and vice versa.

Instructions

Place a long tape on the floor for all participants. Have participants place themselves on the line any way they want.

Facilitator: *I will ask you to take the profile of a child and his/her family. The identity of the individual you will be walking for may remain anonymous. You are invited to walk for the Head Start child in this activity.*

I would ask now that you line up along this piece of tape. Please take a step forward or backward as it pertains to your perceived identity and or experience of the person you are taking steps for.

As you take your steps take a moment to reflect on what steps you would be taking...are these the same steps?

Take one step forward if...	Take one step backward if...
You have a reliable car...	You must rely on public transportation...
English is your first language...	English is your second language
English is your parents' first language	Your parent needs interpreter support
You have some college education	Not college educated
You are Christian	You are Jewish, Buddhist, Muslim, Scientologist, Jehovah's Witness, a member of the Church of Jesus Christ of Latter Day Saints, Agnostic or Atheist, other that I have not mentioned
You were born in the US	You were not born in the US
Your parent or guardian is between the ages of 18 and 40	Above 40 years
You are able-bodied	You are disabled
Your parent is able-bodied	Your parent is disabled
You are white	You are a person of color
You have never experienced discrimination based on your appearance or lifestyle...	If you have experienced discrimination based on your appearance or lifestyle
Your family has insurance	Your family does not have insurance
You have free choice in your food choices	You have allergies, medical restrictions, or cultural preference that limits choices on foods
You are the biological child of your parent	Your caregiver is a legal guardian, foster or adoptive parent

Facilitator:

Make note of where you are standing. If you took these steps for yourself where would you be?

As a community these questions will be raised: *How do we as a community takes steps together to ensure that we all reach the door of opportunity? How will we as a community act as advocates for those whose voices are not heard? How will we as a community interrupt messages that communicate oppression and/or cultural insensitivity?*