1.6 Looking at Looks

Objectives
Explore feelings and attitudes around discrimination based on appearance
Discuss strategies for dealing with this kind of discrimination
Discuss effects and outcomes of this kind of discrimination

Materials needed
Pen and paper, or copies of the handout

Time needed
Five to ten minutes

Instructor directions
Have your students write for five minutes about experiences they had being discriminated against based on their appearance (size, shape, coloring, visible disability, features, etc.).
Have them answer questions about how it affected them.
Have them exchange their accounts with partners and discuss.

Variation
Have your students write for five minutes about experiences they had being discriminated against based on religious affiliation.
1.6  Looking at Looks Handout

Directions
Write for five minutes about an experience you had being discriminated against based on your appearance (size, shape, coloring, ability, features, etc.).

Answer the following questions:

What aspect of your appearance was disparaged?

Who were the participants in the event or situation?

How did you respond to the incident at the time?

Was your response effective in minimizing or ending the discriminatory behavior?

Did you experience any effects from the incident later?
Were there any positive outcomes or changes in you as a result of the experience?

Exchange your account with the person sitting next to you. Discuss your insights.

**Variation**
Write for five minutes about an experience you had being discriminated against based on your religious affiliation. Follow the directions above.