

How do you identify yourself?

Activity sheet

1. Think about how you identify yourself. What personal attributes do you use to describe yourself?

- By gender? (I am a woman)
- By ethnicity? (I am Italian)
- By name? (I am Stanley)
- Family background? (I am half Portuguese, half French)
- By career or job title? (I am a soccer player)
- By relationship to others? (I am a friend)
- In how you think about yourself? (I am funny/talented/clever).

Choose ONE factor of identity you associate with yourself, and explain why you chose it.

.....

.....

.....

.....

.....

.....

.....

2. We all have identities that are significant to us; identities that have an impact on what we think and do. This is true at school, at home and at work.

a. Show how one of the aspects of identity you have chosen can be seen in your behaviour at school.

.....

.....

.....

.....

.....

.....

.....

b. Do the same for a friend's identity.

.....

.....

.....

.....

.....

.....

.....



3. At times certain aspects of our identities may seem unimportant to us. This allows us to overlook them in others. The flip side of this is that certain aspects of our identities may be particularly significant to us and we may wrongly assume that they are equally significant to, and recognised by, other people.

a. Decide if there is one aspect of your identity which people overlook or underrate in you.

.....

.....

.....

.....

.....

b. Do the same for a friend's identity.

.....

.....

.....

.....

.....

4. When we feel that some aspect of our identity is under threat, such as when we hear a negative remark about who we are or what we think, about how we dress or what we eat, a personal mannerism or an attitude, we tend to defend that aspect more strongly than we might ordinarily.

a. Nominate a time when this happened to you.

.....

.....

.....

.....

.....

b. Discuss how you dealt with the situation. Could you have handled the situation differently?

.....

.....

.....

.....

.....



5. When you enter the workplace you may find that elements of your identity are affirmed and valued – or you may find that elements are challenged and threatened.

a. How do you deal with this? Are there laws to help you? What are those laws?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

b. What legal rights and what legal responsibilities do you need to be aware of in the workplace?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....