



15-20 15 min



5+



You need

Inspired by
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Imagine



To give participants an experience of how fast our brain makes judgment and how all of us have bias. and if not aware, we might unintentionally discriminate.

Materials

Script and a projector to show the pictures at the end of the exercise.



Read this for the participants:

"Start with taking a deep breath and close your eyes if that's okay for you.

And now I want you to imagine this:

It is morning and you are on your way to school walking in the city. You are in a bit of a hurry and you almost hit a freshly painted bench with your jacket. The painter saw the incident and smiles with surprise at you, saying: 'Wow what a luck you didn't scratch my work there!'

You smile back and feel relieved, and hurry on. On the way to school you pass by your favorite candy store. You know the owners, an old couple, and you greet them as they are busy putting up a sign in the window, advertising a new slush ice - you decide that you will pass by on your way home to taste it. A dog with its owner passes you and you pet its head.

The traffic is hectic and it takes some time for you to cross the street in front of your school. Once safely at the other side of the street, you hear the school bell ring and you start to run up the front stairs. The school principal is standing in the main door, waiting for you to close the door after you, saying: 'Good Morning you, I hope you will not be late tomorrow. Now rush to class.'

When you land on your chair in the classroom you can finally catch your breath and the lesson starts.

Now that you have a solid picture of the story I told you, you can open your eyes."



Unconscious bias happens when our thoughts and actions are influenced by hidden preferences or prejudices we aren't aware of. These biases can shape how we see and interact with others, often without us realizing it. They develop over time through things like the culture we live in, media we consume, personal experiences, and social connections.



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Was the painter a woman?



Did the school principal wear a hijab?



Was the couple in the candy store two men?

Was the couple in the candy store two men?
 Research tells us that your answers to these questions are probably **NO**.

The exercise that we just did was just to give you a very fresh experience of how fast our brain makes judgement even when we don't have that much information.



One of the reasons why we have unconscious bias in our brain is simply because it is efficient. You could say that our brain is lazy. Our brain uses shortcuts to process vast amounts of information that we get every day. And these shortcuts help us make quick decisions without having to analyze every piece of information.

The problem is that these shortcuts that our brain creates are sometimes based on prejudices, stereotypes, and fake news, that our brain mistakenly treats as facts. It is important to become aware of the biases that we have.



Take a test to assess your own unconscious biases