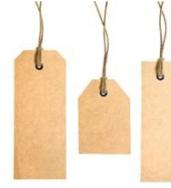


## What's in a Label?



### Objectives

Students will understand the following:

1. Assumptions can lead to stereotypes and unfair judgments about individuals and groups.
2. Stereotypes and biases affect our lives.

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### Materials

- Large sheets of paper
- Texta / markers

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### Procedures

1. Begin by discussing with students how people often use labels or categories to describe others and how these labels can be based on such characteristics as clothing, looks, the way a person talks, or the groups to which he or she belongs. Explain that categorizing things or people is a natural human inclination; however, people often make assumptions about groups of people they don't even know.
2. Ask the class to brainstorm categories that are used at school to group people. Categories could include labels such as nerd loser etc
3. Write one of these major categories on the top of five large separate pieces of paper and place these around the room.

**Old People      Police Officers      Doctors      Teenagers      Dancers**

Divide students into 5 small groups Give each group 5 minutes to travel to each sheet and write down adjectives/or statements that are related to the category headings. Remind students that they should only add new descriptions to the list and they don't need to agree with adjectives rather just have heard them e.g old people / forgetful

4. When they are finished, ask students to take a moment and look at the adjectives that the whole group has generated under each group heading. Use the following questions to lead a discussion about what they recorded:

- Do assumptions apply to everyone in that group?
  - Do most people hold the same assumptions about that group?  
Why or why not?
  - Do assumptions tell us anything definite about a  
categorized individual?
  - How do assumptions affect our behaviour toward others?
5. Explain that when we make assumptions about an entire group of people, those assumptions are referred to as stereotypes. When assumptions and stereotypes influence our attitudes, we may find that making a fair judgement about someone or something is difficult. This influence on judgement is called a "bias."

Adapted from : Discovery Education

<http://www.discoveryeducation.com/teachers/free-lesson-plans/understanding-stereotypes.cfm>