

YOUTH FOCUS NW IDENTITY RESOURCE PACK

RESOURCES TO HELP YOU LEARN
ABOUT IDENTITY

PACK PRODUCED BY JESS LEIGH ON BEHALF OF YOUTH FOCUS
NW AND IS PART OF A SET OF RESOURCES

youthfocus^{NW}

Improving the lives of young people

Dear reader,

Identity is something we shape, mould and carry with us wherever we go.



In this pack, you will learn the basics of identity as well as guiding you to further reading and resources. How much work you put into learning through this pack will determine how much you get out of it.

Think of these as learning objectives! You don't have to read ALL the books for example just choose one.

IDENTITY RESOURCES:

AN INTRO TO IDENTITY

Identity is what makes us us. It is how we see ourselves, our sense of belonging and our place in the world. Start here.

WHAT IS OUR IDENTITY MADE UP OF?

Identity is complicated. What exactly is it made up of?

READ

There is so much out there to read! You could learn more about your identity and others by working through self discovery and learning your values.

LISTEN

Listen to podcasts, radio shows and other audio books.

WATCH

There is a growing number of TV/ film and documentaries about identity and trying to find your place in the world. Life is complicated; these films may help!

WHY IS IDENTITY IMPORTANT?

It is all well and good talking about identity, but why is it so important and what does it mean for you?

INTERSECTIONALITY

What is an intersectional approach? How does it relate to identity and social issues?

TOXIC MASCULINITY

Toxic masculinity refers to harmful behaviour and attitudes commonly associated with some men. Have a look at what it means here.

OUR IDENTITY IS LIKE A FINGERPRINT

Our identity is like a fingerprint, unique to us.

SOCIAL MEDIA SHAPES OUR IDENTITY

Social Media plays a huge role in all our lives and it shapes who we are and what we believe in.

IDENTITY IN THE MEDIA

The media is all around us and can have a role in shaping our identity.

DEVELOPING YOUR IDENTITY

Now you have learnt about identity, how do you go about developing your own beliefs and values?



KEYWORDS/PHRASES AND MEANINGS

Non-normative Something that usually goes against what is considered to be normal. For example, a non-normative approach to dressing children could be boys only wearing pink and girls only wearing blue.

Can you find any more keywords/phrases?

Heteronormative The belief that male and female gender identities and heterosexual attractions to one another are considered the 'norm'.

LGBTQ+ Lesbian, Gay, Bisexual, Transgender, Queer or Questioning. The '+' communicates that the community expands to other gender and sexual identities.

Binary/Non-Binary With regards to gender, it is used to describe either being male or female. Non-binary genders are those who do not feel that either male or female assignments express who they are.

Equality Fair treatment for all.

Stereotyping The characterising or labelling of an entire group of people because of the sharing of the same behaviour and features.

Nationality The status of belonging to a particular nation.

Race The idea that the human species is divided into distinct groups on the basis of inherited physical and behavioural differences.

Ability/Disability Ability shows you have the resources to perform well at something, while Disability demonstrates the limits or challenges a person faces.



HOW OFTEN DO YOU
GET INVOLVED IN
TALKING ABOUT
IDENTITY?

DO YOU SEE
YOURSELF
REPRESENTED IN
THE MEDIA?

WHEN DID YOU FIRST
START THINKING
ABOUT WHO YOU
ARE? WHEN DID YOU
FIRST START
NOTICING
RACE/GENDER ETC?

WHAT IS YOUR
IDENTITY MADE UP
OF?

HOW DOES YOUR
IDENTITY EFFECT
YOUR DAILY LIFE?

WHAT
CHALLENGES
HAVE YOU FACED
BECAUSE OF YOUR
IDENTITY?



AN INTRO TO IDENTITY



WHAT IS IDENTITY?

IDENTITY IS WHAT MAKES US US. IT IS HOW WE SEE OURSELVES, OUR SENSE OF BELONGING AND OUR PLACE IN THE WORLD. EVERYONE HAS MULTIPLE IDENTITIES THAT OFTEN OVERLAP AND INTERSECT TO FORM WHO YOU ARE. PEOPLE'S IDENTITIES ARE SIMILAR IN SOME WAYS AND DIFFERENT IN OTHERS.

HOW WOULD YOU DEFINE IDENTITY?

WHY IS IDENTITY IMPORTANT?

IDENTITY IS IMPORTANT BECAUSE IT MAKES UP OUR SENSE OF SELF. IT ALSO CAN CREATE A SENSE OF BELONGING WHEN WE FIND PEOPLE WITH SIMILAR IDENTITIES OR HAVE THINGS IN COMMON WITH SOMEONE. YOUR IDENTITY IS WHAT YOU MAKE OF IT. THERE ARE STEREOTYPES AND ASSUMPTIONS ABOUT PEOPLE BASED ON A SINGLE CHARACTERISTIC. FOR INSTANCE, BEING A GIRL DOESN'T NECESSARILY MEAN YOU LIKE TO PLAY WITH DOLLS.

CAN YOU THINK OF ANY OTHER HARMFUL STEREOTYPES?



KEY STATISTICS

IN 2018 ABOUT 13.8% OF THE UK POPULATION WAS FROM A MINORITY ETHNIC BACKGROUND WITH LONDON HAVING 40% OF ITS POPULATION IDENTIFYING AS BAME.

[HTTPS://DIVERSITYUK.ORG/DI](https://diversityuk.org/diversity-in-the-uk/)
[VERSITY-IN-THE-UK/](https://diversityuk.org/diversity-in-the-uk/)



THERE ARE 14.1 MILLION DISABLED PEOPLE IN THE UK.

[HTTPS://DIVERSITYUK.ORG/DI](https://diversityuk.org/diversity-in-the-uk/)
[HTTPS://WWW.SCOPE.ORG.UK/MEDIA/DISABILITY-FACTS-FIGURES/](https://www.scope.org.uk/media/disability-facts-figures/)

DO YOU THINK THESE REPRESENT PEOPLE ACCURATELY ?

4.2% OF PEOPLE AGED 16 TO 24 YEARS WERE MOST LIKELY TO IDENTIFY AS LGB IN 2017.

[HTTPS://WWW.ONS.GOV.UK/PEOPLEPOPULATIONANDCOMMUNITY/CULTURALIDENTITY/SEXUALITY/BULLETINS/SEXUALIDENTITYUK/2017](https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/sexuality/bulletins/sexualidentityuk/2017)



MORE THAN FOUR IN FIVE (83 PER CENT) TRANS YOUNG PEOPLE HAVE EXPERIENCED NAME-CALLING OR VERBAL ABUSE.

[HTTPS://WWW.STONEWALL.ORG.UK/SITES/DEFAULT/FILES/TRANS_STATS.PDF](https://www.stonewall.org.uk/sites/default/files/trans_stats.pdf)

WHAT IS OUR IDENTITY MADE UP OF?



SOCIAL IDENTITY

KINSHIP

MOST PEOPLE REALISE THAT KINSHIP IS CENTRAL TO SOCIAL IDENTITY. YOUR RELATIVES ARE YOUR "KIN" AND MOST PEOPLE GET THEIR LAST NAME FROM THEIR FAMILY OF ORIGIN.

ETHNICITY AND NATIONALITY

DEFINED AS A CLASSIFICATION OF BELONGING TO A PARTICULAR GROUP BASED ON A SIMILAR CULTURAL TRADITION.

SELF ESTEEM

A PERSON'S OVERALL SENSE OF SELF-WORTH OR PERSONAL VALUE. IN OTHER WORDS, HOW MUCH YOU APPRECIATE AND LIKE YOURSELF.

RELIGION

ABILITY/ PERFORMANCE

POWER

MORALITY

PUBLIC IDENTITY

APPEARANCE

BEING AWARE OF YOUR APPEARANCE. THIS IS NOT A UNIQUELY WESTERN PERSPECTIVE. CULTURES ALL OVER THE WORLD ENGAGE IN DIFFERENT ATTEMPTS TO IMPROVE APPEARANCES AND ENHANCE PERSONAL BEAUTY.

STYLE

EVERYONE HAS A PARTICULAR WAY OF SPEAKING AND MOVING. THESE THINGS MAKE UP A PERSON'S STYLE. YOUR STYLE CAN BE EVER-CHANGING AND IT MAKES YOU YOU.

PERSONALITY

PERSONALITY THEORIES ATTEMPT TO ACCOUNT FOR INDIVIDUALITY BASED ON DIFFERENCES AMONG PERSONALITIES. PERSONALITIES ARE ENDURING AND THEY DON'T CHANGE EASILY.

PRIVATE IDENTITY

THOUGHTS

MOST OF OUR THOUGHTS STAY PRIVATE UNLESS WE CHOOSE TO SHARE THEM. WE WILL HAVE THOUSANDS OF THOUGHTS A DAY, MOST OF THEM PASSING US BY AND NOT REALISED UNLESS WE ACT ON THEM.

FEELINGS

WHAT YOU FEEL IS UNIQUE TO YOU. YOUR PAIN AND FEELINGS ARE ALWAYS VALID BECAUSE THEY ARE YOURS. PEOPLE WILL FEEL THE SAME THING DIFFERENTLY.

DAYDREAMS

PERSONALITY THEORIES ASK WHO WOULD YOU BE WITHOUT YOUR DAYDREAMS AND FANTASIES. FANTASIES ARE TYPICALLY PRIVATE.

READ

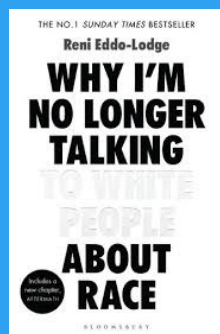


Non-fiction

WHY I'M NO LONGER TALKING TO WHITE PEOPLE ABOUT RACE

BY RENNI EDDO-LODGE

This book has been described by many as "essential reading." Exploring the links between gender, class and race in Britain and other countries. This book discusses a variety of important aspects of racism and catalyses an urgent conversation about race in Britain.

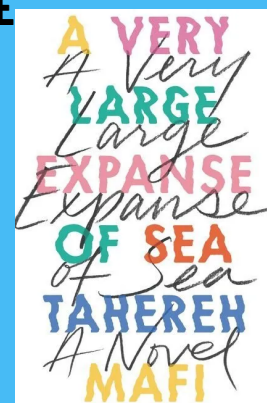


Fiction

A VERY LARGE EXPANSE OF THE SEA

BY TAHEREH MAFI

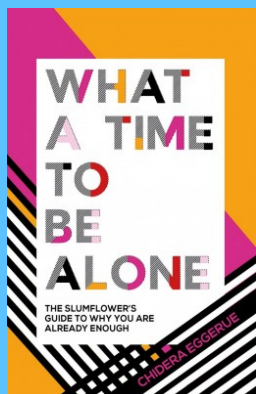
Shirin is a 16-year-old Muslim girl who is tired of being stereotyped. Set in a small town high school one year after the events of Sept. 11. An unexpected love story about a girl, a boy, basketball and a breakdance crew. A story of a Muslim girl trying to live her life despite antagonism, inspiration for anyone who needs to defend themselves from ignorance.



WHAT A TIME TO BE ALONE

BY CHIDERA EGGERUE

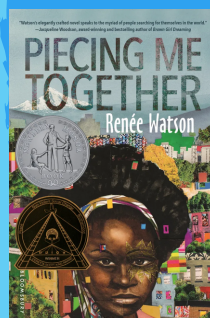
In What A Time To Be Alone, The Slumflower will be your life guru, confidante and best friend. Learn how to celebrate YOU - decide your self-worth, take time. Peppered with insightful Igbo proverbs from Chidera's Nigerian mother and full of her own original artwork, What A Time To Be Alone will help you navigate the modern world; to heal and empower yourself in this messy world.



PIECING ME TOGETHER

BY RENÉE WATSON

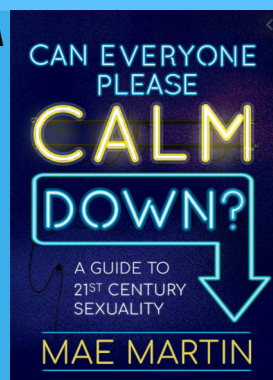
This is the story of Jade, who wants to leave her poor neighbourhood behind and travel on a school community service trip to Costa Rica. Instead, she finds herself forced to join a mentorship organization she doesn't think she needs. However, it's in that program where Jade learns to find her voice and help others see her for who she truly is. This shows you can never assume you know a person just because of where they come from.



CAN EVERYONE PLEASE CALM DOWN?: A GUIDE TO 21ST CENTURY SEXUALITY.

BY MAE MARTIN

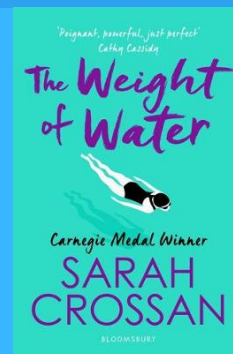
This comedic book will have you laughing and learning at the same time. Mae will talk about the pros and cons of labels, and why history contains no stories of gay people living long, happy, successful lives. Also included: sexual fluidity, gay genes, Lady Gaga and bisexual monkeys. Navigating identity can be hard, but this book may make it a little easier.



THE WEIGHT OF WATER

BY SARAH CROSSAN

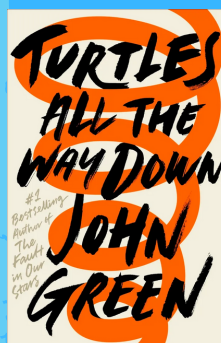
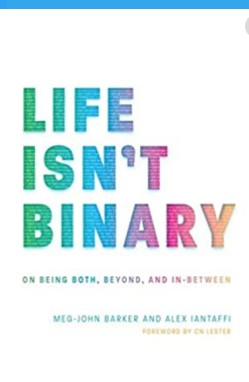
Armed with a suitcase and an old laundry bag filled with clothes, Kasienka and her mother leave Poland and head for England to find her father. At home, her mother's heart is breaking and at school, Kasienka finds it impossible to make new friends. The reader experiences Kasienka's pain and feelings of alienation as she is teased and bullied based on her appearance.



LIFE ISN'T BINARY: ON BEING BOTH, BEYOND AND IN-BETWEEN.

BY MEG-JOHN BARKER AND ALEX IANTAFFI.

Much of society's thinking operates in a highly rigid and binary manner; something is good or bad, right or wrong, a success or a failure, and so on. Challenging this limited way of thinking, this ground-breaking book looks at how non-binary methods of thought can be applied to all aspects of life, and offer new and greater ways of understanding ourselves and how we relate to others.



TURTLES ALL THE WAY DOWN

BY JOHN GREEN

The story about is trying to solve the mystery of the disappearance of a billionaire and trying to keep her life together by being a good friend, daughter and student while struggling with a never-ending spiral of her own intrusive thoughts. It allows readers to feel immersed in the mind of someone struggling and hopefully help if they are struggling themselves.

Articles, blogs etc

There are articles and blogs published daily about racism and what is going in the world. Be sure to have a read and follow blog posts and people that you like. Perhaps if you are not a fan of reading you could listen to a book in an Audio form!

LISTEN

PODCAST!

DISCUSS WITH HAYLEY ROSE DEAN

DISCUSS

with HAYLEY ROSE DEAN



With a variety of different activists, this podcast encourages open and honest conversation around various topics and social issues with a different guest in each episode. It aims to open up conversations about different societal issues, break down stigmas and consider alternative perspectives.

PODCAST!

YIKES, WITH MIKAELA LOACH AND JOSEPHINE

BECKER

"Do you ever find yourself saying 'YIKES' about things happening in the world? Climate Change, Human Rights and the messiness of everything going on at the moment can be really overwhelming BUT we want to provide a space to chat about these things and find hope in the midst of it all."



BBC RADIO 5

GINA'S CHANGEMAKERS

From saving the planet to working class young people making a difference, the campaigner Gina Martin interviews different people about how they are changing society as we know it.



LISTEN

LISTEN TO THE NEWS, WHETHER THAT BE ON TV OR IN AN ARTICLE

One of the most powerful things we can do in life, is to listen. Listen to the reports of the day and learn what is going on in the world. One day at a time!
Listen and learn



LISTEN AND THINK

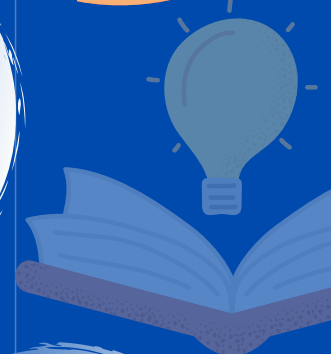
Pick one of these podcast episodes or choose your own and listen to it, perhaps make notes, draw or just think about what they are saying.

**HOW DID IT
MAKE YOU
FEEL?**

**DID YOU RELATE TO
ANYTHING THAT
WAS SAID IN THE
PODCAST?**

**WHAT ARE THREE
THINGS THAT YOU
HAVE LEARNT THAT
YOU DIDN'T KNOW
BEFORE?**

**HOW HAS IT
CHANGED YOUR
WAY OF THINKING?**





WATCH

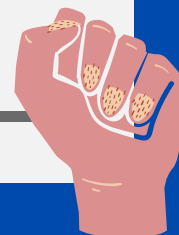
WHEN WATCHING THINK ABOUT FOLLOWING, WRITE/TALK/DISCUSS THEM

HOW HAS YOUR
THINKING CHANGED?

IS THERE SOMETHING YOU'RE GOING
TO CHANGE IN YOUR OWN LIFE?

WHAT MESSAGE WAS
THE FILM SENDING?

WHY DO YOU THINK THE MESSAGE
WAS SO IMPORTANT?



THE PERKS OF BEING A WALLFLOWER

The film depicts his struggles with his, unknown to him, post-traumatic stress disorder, as he goes through his journey in high school making new friends. Childhood traumas impact Charlie and while we don't know who the letters he writes will be sent to, it helps us understand the difficult life experiences he's been forced to face at an early age.

BEND IT LIKE BECKHAM

A kaleidoscope of colour and culture clash humorously as an Indian family in London tries to raise their soccer-playing daughter in a traditional way. Unlike tarty elder sister Pinky, who is preparing for an Indian wedding and a lifetime of cooking the perfect chapatti, Jess' dream is to play soccer professionally like her hero David Beckham.

KNOCK DOWN THE HOUSE

This American documentary revolves around the primary campaigns of Alexandria Ocasio-Cortez, Amy Vilela, Cori Bush and Paula Jean Swearengin who are four progressive Democrats who ran for Congress in the 2018 midterm elections. Although based in the USA this documentary shows how anyone can run for political office and the incredible journey they took.

MY IDENTITY IS A SUPERPOWER NOT AN OBSTACLE(TED TALK)

"Hollywood needs to stop resisting what the world actually looks like, says actor, director and activist America Ferrera. Tracing the contours of her career, she calls for more authentic representation of different cultures in media -- and a shift in how we tell our stories. "Presence creates possibility," America Ferrera says."

WHY IS IDENTITY IMPORTANT?



IDENTITY IS A SOCIALLY AND HISTORICALLY CONSTRUCTED CONCEPT. WE LEARN ABOUT OUR OWN IDENTITY AND THE IDENTITY OF OTHERS THROUGH INTERACTIONS WITH FAMILY, PEERS, ORGANIZATIONS, INSTITUTIONS, MEDIA AND OTHER CONNECTIONS WE MAKE IN OUR EVERYDAY LIFE.

SOCIAL AND CULTURAL IDENTITY IS INEXTRICABLY LINKED TO ISSUES OF POWER, VALUE SYSTEMS, AND IDEOLOGY.
THE MEDIA USES REPRESENTATIONS—IMAGES, WORDS, AND CHARACTERS OR PERSONAE—TO CONVEY SPECIFIC IDEAS AND VALUES RELATED TO CULTURE AND IDENTITY IN SOCIETY.

POWER

THESE VALUES ARE POWERFUL BECAUSE THEY GENERALLY COME FROM PLACES OF POWER, BUT ALSO BECAUSE WE INTERNALISE THEM AND TAKE THEM FOR GRANTED; THEY SEEM NATURAL AND THE WAY THINGS SHOULD BE AND IN TURN, SHAPE THE WAY WE SEE AND UNDERSTAND.

CREATE INEQUALITY

FOR SOME, THE EXPERIENCE OF BEING A PARTICULAR SEX OR SEXUAL ORIENTATION, FROM A PARTICULAR RACIAL OR ETHNIC GROUP OR SOCIO-ECONOMIC CLASS, INVOLVES RECURRING AND EVEN SYSTEMATIC OR INSTITUTIONAL PREJUDICE.

IDEAS

OUR IDENTITIES ARE COMPRISED OF SHARED IDEAS, IDEOLOGIES, BIASES AND WAYS OF SEEING THE WORLD AROUND US. OUR IDENTITIES, THEREFORE, ARE SOCIALLY CONSTRUCTED AND OUR BIOLOGICAL ATTRIBUTES ARE ONLY ONE PART OF WHO WE ARE.



WHO AM I? VIDEO

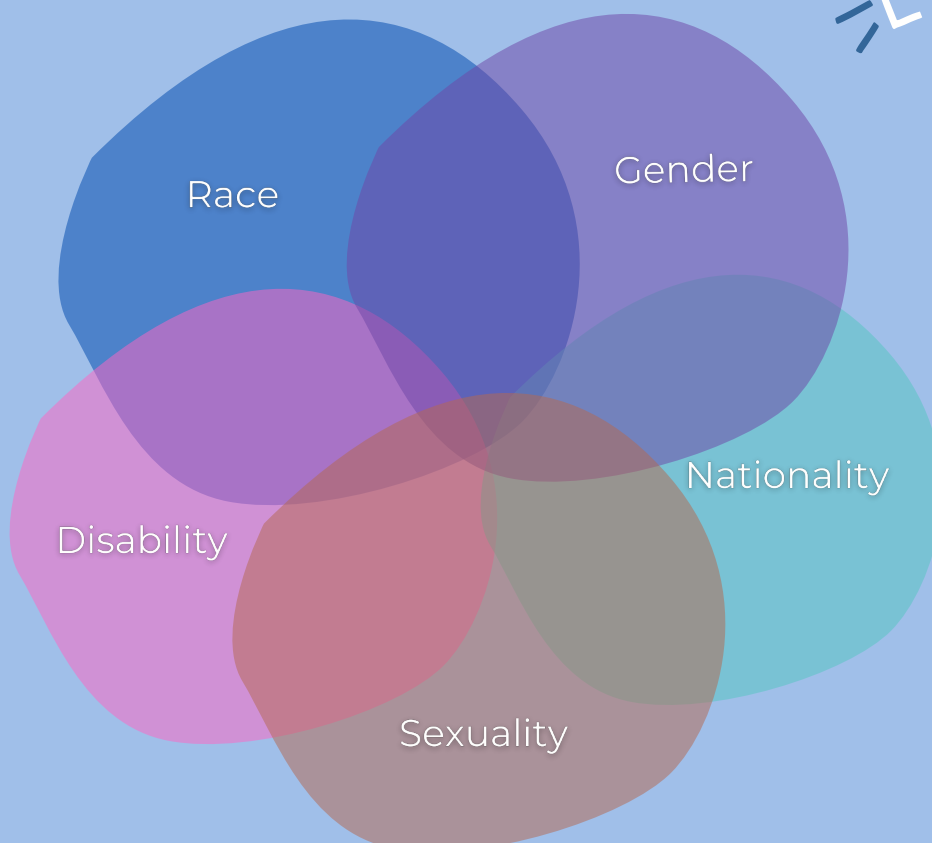
"WHAT IS IT THAT MAKES US MOST DISTINCTIVELY OURSELVES? OUR BODIES, OUR MEMORIES, OUR VALUES...? TAKE A TOUR THROUGH THE PHILOSOPHY OF PERSONAL IDENTITY."

[HTTPS://YOUTU.BE/OOCUNV4JX4W](https://youtu.be/OOCUNV4JX4W)



Intersectionality

≡ EQUALITY ≡



Intersectionality acknowledges a **person's** range of social identities (eg. gender, race, sexuality, etc.) as a whole, rather than considering them as separate pieces.

Intersectionality identifies advantages and disadvantages that are felt by people due to a combination of factors.

Understanding that **inequalities** are not created equal.

WHERE DID THIS TERM COME FROM?

PROFESSOR KIMBERLÉ CRENSHAW COINED THE TERM "INTERSECTIONALITY" IN AN 1989 ACADEMIC PAPER.

IT COMES FROM BLACK, QUEER, FEMINIST THOUGHT.



INTERSECTIONALITY LOOKS AT

POWER

THE AMOUNT OF CONTROL OR INFLUENCE SOMEBODY HAS.

PRIVILEGE

THE AMOUNT OF RIGHT, IMMUNITY, OR BENEFIT ENJOYED BY A PARTICULAR PERSON.

OPPRESSION

THE AMOUNT OF PROLONGED CRUEL OR UNJUST TREATMENT OR EXERCISE OF AUTHORITY.

Intersectional feminism centres the voices of those experiencing overlapping forms of oppression. It recognises that we are made up of multiple identities and the oppression we may experience reflects that. Types of prejudice such as sexism or racism do not always exist in isolation but often combine to form a new type of oppression. Intersectionality, therefore, illuminates the overlaps between inequalities and gives us a more accurate understanding of the world we live in today.

HAVE YOU HEARD OF INTERSECTIONAL FEMINISM?

TOXIC MASCULINITY

TOXIC MASCULINITY EXPLAINED

TOXIC MASCULINITY REFERS TO HARMFUL BEHAVIOUR AND ATTITUDES COMMONLY ASSOCIATED WITH SOME MEN, SUCH AS THE NEED TO REPRESS EMOTIONS DURING STRESSFUL SITUATIONS AND TO ACT IN AN AGGRESSIVELY DOMINANT WAY.



LEARN MORE ABOUT TOXIC MASCULINITY

WHERE HAS TOXIC MASCULINITY COME FROM?

THE TERM "TOXIC MASCULINITY" WAS REPORTEDLY FIRST USED BY PSYCHOLOGIST SHEPHERD BLISS IN THE 1980S AND 1990S. IT WAS USED TO SEPARATE THE NEGATIVE TRAITS OF MEN FROM THE POSITIVE TRAITS AND HE USED THE TERM "TOXIC MASCULINITY" AS A MEANS OF MAKING THE DISTINCTION.



HOW CAN TOXIC MASCULINITY BE ADDRESSED?

BY CHANGING HOW BOYS AND YOUNG MEN ARE RAISED IN TODAY'S SOCIETY AND BY HELPING YOUNG MEN AND BOYS UNDERSTAND THAT THEY DON'T HAVE TO CONFORM TO ARCHAIC AGGRESSIVE STEREOTYPES OF MASCULINITY, WE CAN REDUCE ANTISOCIAL BEHAVIOUR, MENTAL HEALTH STRUGGLES, SUICIDES, GENDER-BASED CRIME AND DOMESTIC VIOLENCE

GLORIFICATION OF UNHEALTHY HABITS

TOXIC MASCULINITY GLORIFIES UNHEALTHY HABITS. IT IS THE NOTION THAT "SELF-CARE IS FOR WOMEN" AND MEN SHOULD TREAT THEIR BODIES LIKE MACHINES.

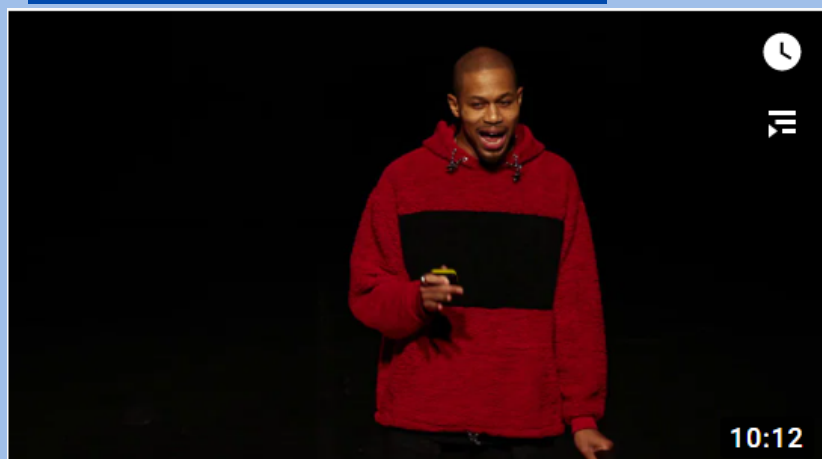
A MAN'S RACE AND ETHNICITY MAY PLAY A ROLE IN HOW HE VIEWS MASCULINITY AS WELL AS HOW OTHERS PERCEIVE HIM.



HAVE A LOOK AT THE GOOD LAD INITIATIVE!

THEY SPECIALISE IN HELPING MEN AND BOYS TO CONTRIBUTE TO IMPROVING GENDER RELATIONS.

[HTTPS://WWW.GOODLADINITIATIVE.COM/](https://www.goodladinitiative.com/)



BEN HURST

IN THIS TEDX TALK, BEN HURST EXPLAINS; "BOYS WILL BE BOYS, RIGHT?". BEN HURST REJECTS THIS COMMONLY-USED PHRASE AS A 'GET-OUT-OF-JAIL-FREE' CARD FOR BOYS, MEN AND TOXIC MASCULINITIES. INSTEAD, HE STATES "BOYS WILL BE WHAT WE TEACH THEM TO BE".

[HTTPS://YOUTU.BE/3DP08BAUW18](https://youtu.be/3DP08BAUW18)

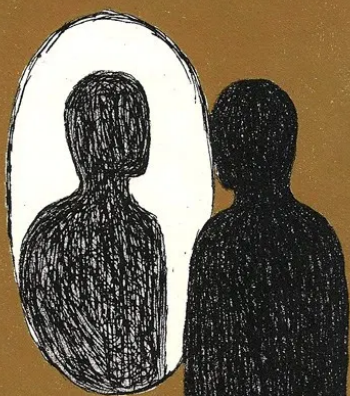
OUR IDENTITY IS LIKE A FINGERPRINT

FINGERPRINTS ARE UNIQUE TO EVERY SINGLE PERSON, MUCH LIKE OUR IDENTITIES. WE ARE BORN WITH SOME OF OUR IDENTITY AND WE HAVE THE POWER TO SHAPE IT AS WE GROW, IN OUR IDEAS, OUR VIEWS AND OUR BELIEFS.

AS WITH OUR FINGERPRINTS, WE MAY SHARE SOME CHARACTERISTICS WITH OUR FAMILY BUT OUR IDENTITY IS OURS TO SHAPE. IT IS MADE UP BY OUR OWN PERSONAL BELIEFS, SOME OF WHICH WE HAVE LOTS OF CONTROL OVER AND OTHERS WHICH ARE SOMETIMES FORCED UPON US.



"A PERSON'S IDENTITY", AMIN MAALOUF WROTE AS HE CONTEMPLATED WHAT HE SO POETICALLY CALLED THE GENES OF THE SOUL, "IS LIKE A PATTERN DRAWN ON A TIGHTLY STRETCHED PARCHMENT. TOUCH JUST ONE PART OF IT, JUST ONE ALLEGIANCE, AND THE WHOLE PERSON WILL REACT, THE WHOLE DRUM WILL SOUND".



Social Media Can Shape Our Identity



LOTS OF THINGS CAN SHAPE OUR IDENTITY AND SOCIAL MEDIA IS ONE OF THEM. SOCIAL MEDIA ENABLES IDENTITY EXPRESSION, EXPLORATION AND EXPERIMENTATION, SOMETHING NATURAL FOR THE HUMAN EXPERIENCE. WE CAN FIND ONLINE COMMUNITIES AND PEOPLE WITH A SHARED AND DIFFERENT IDENTITY THAN US.

1

DIVERSIFY YOUR FEED

IF YOU ARE ONLY EVER SEEING PICTURES OF PEOPLE WHO LOOK LIKE YOU OR WHO YOU ASPIRE TO LOOK LIKE OR ARE READING ABOUT PEOPLE WITH SIMILAR BACKGROUNDS AND STORIES TO YOU – YOU ARE NEVER GOING TO EVOLVE, GROW AND LEARN. FOLLOW AND LEARN ABOUT OTHERS' IDENTITY.

2

TOXIC POSITIVITY

TOXIC POSITIVITY IS THE ASSUMPTION, EITHER BY ONE'S SELF OR OTHERS, THAT DESPITE A PERSON'S EMOTIONAL PAIN OR DIFFICULT SITUATION, THEY SHOULD ONLY HAVE A POSITIVE MINDSET.

3

ONLINE COMMUNITY

THERE ARE COMMUNITIES ONLINE WHERE WE CAN FIND PEOPLE WITH SHARED IDENTITIES AND INTERESTS. FROM ACTIVISM TO POLITICS, FINDING PEOPLE WITH A SHARED IDENTITY IS VERY POWERFUL.

4

SUPPORT

FINDING DIFFERENT IDENTITIES ONLINE CAN BE REALLY POWERFUL. SO SUPPORT AND UPLIFT OTHERS. AMPLIFY VOICES OF ALL KINDS FROM ALL DIFFERENT IDENTITIES

YOUR TURN!

HOW CAN YOU CURATE YOUR SPACE ON SOCIAL MEDIA TO HELP WITH YOURS AND OTHERS' IDENTITIES?



Identity in the Media

DO YOU THINK THE
MEDIA SHAPES OUR
IDENTITY? HOW?

THE MEDIA CAN BE BOTH A SITE OF CHANGE, BUT ALSO
FUNDAMENTALLY A SITE THAT PERPETUATES IDEOLOGIES AND NORMS.
THE MEDIA USES REPRESENTATIONS—IMAGES, WORDS, AND
CHARACTERS ETC—TO CONVEY IDEAS AND VALUES. MEDIA
REPRESENTATIONS, THEREFORE, ARE NOT NEUTRAL OR OBJECTIVE.
THEY ARE CONSTRUCTED AND PLAY AN IMPORTANT ROLE IN
CONSTRUCTING IDENTITY.

Religion

9 per cent of all articles
about Muslims
associated them with
negative behaviours.

<https://observer.com/2020/09/lgbt-film-representation-data-ellie-lockhart/>

Women

In a 2015 report, women
made up a mere 19% of
experts featured in
news stories and 37% of
reporters telling stories
globally.

BAME

Across the BBC only 6%
of senior roles are made
up of people from an
ethnic minority
background.

Disability

Just 3% of employees
across the five main
broadcasters self-report as
disabled, compared to 18%
of the UK population.

LGBTQ+

Just 2% of Recent
Films Have Explicit
LGBT Representation.

<https://observer.com/2020/09/lgbt-film-representation-data-ellie-lockhart/>

Leaders

Overall 42% of male,
compared to
27% of female
characters, are shown
on screen as leaders.

Women

In 2015, women made
up only 24% of
the persons heard, read
about or seen
in newspaper, television
and radio news.

<https://www.unwomen.org/en/digital-library/multimedia/2020/2/infographic-visualizing-the-data-womens-representation>

Mental Health

50% of mental health
problems are
established by age 14
and 75% by age 24.




MINI YOUTUBE PODCAST

REPRESENTATION IN MEDIA IS MORE
IMPORTANT THAN YOU THINK.
WITH NEW MOVIES SUCH AS PIXAR'S COCO
AND MARVEL'S BLACK PANTHER, WE ARE
SEEING A SHIFT IN REPRESENTATION IN
MEDIA. LISTEN TO THEM TALK HERE ABOUT
WHY IT IS MORE IMPORTANT THAN YOU
THINK.


[HTTPS://YOUTU.BE/WGUUEQUY2CC](https://youtu.be/WGUUEQUY2CC)




HOW TO DEVELOP YOUR IDENTITY?



Your identity is ever-changing. Take a look at some of the above resources and start to go through what your values are. What are your inner beliefs and which of these do you act on?



Have a look at the people you surround yourself with. Do they have the same identity as you? If not how do they differentiate? If you have similar people around you, how will you ensure you diversify the people you surround yourself with?



Grab a piece of paper and start to write down what values you live by. Where did you learn these from? Who did you learn these from? How many of these did you choose and how many do you feel were forced upon you?

What do you think of your **Political Identity**? Do you have one? How can you develop your Political Identity?

1) DO I SAY YES TO MAKE OTHERS HAPPY?

2)WHAT ARE MY STRENGTHS?

3)WHAT BRINGS ME HAPPINESS?

4)WHAT ARE MY VALUES? DO I LIVE MY LIFE ACCORDINGLY?

5)DO MY CHOICES REFLECT MY OWN INTERESTS OR SOMEONE ELSE'S?

Make your
own choices!

CHALLENGE

HOW CAN YOU LEARN MORE
ABOUT YOUR OWN IDENTITY?
WHAT CAN YOU DO TO ENSURE
THAT YOUR OUTWARD ACTIONS
MATCH YOUR INWARD BELIEFS?
HOW DO YOU LIVE YOUR BEST
SELF?



CHALLENGE OTHERS

ONCE YOU HAVE LEARNT, LISTENED AND
CHALLENGED YOURSELF ON YOUR OWN
IDENTITY, IT IS TIME TO SHARE WHAT
YOU HAVE LEARNED WITH OTHERS.

ARE YOUR FAMILY/ FRIENDS AWARE OF
THEIR IDENTITY? WHAT ARE THEIR
STANCES ON ISSUES AND EQUALITY?



Share how you're feeling and be
respectful
of other perspectives.

CONTINUE



THIS IS
JUST THE
BEGINNING!

HAVE A LOOK AND
SEE WHAT ELSE YOU
CAN FIND ON
IDENTITY. THIS
VIDEO IS A GOOD
START.



Personal Identity: Crash Course Philosophy #19

1.3M views • 4 years ago

CrashCourse ✓

Today Hank is building on last week's exploration of identity to focus on...

Subtitles

<https://youtu.be/trqDnLNRuSc>

Have a conversation with your youth council. What can you do to get involved in identity in your local area?

HOW TO CONTINUE THE WORK?



HAVE A CONVERSATION
WITH FRIENDS AND
FAMILY AROUND YOU
ABOUT IDENTITY.

LISTEN AND AMPLIFY
THE VOICES OF
MARGINALISED PEOPLE
IN SOCIETY.

CHECK. DOES YOUR
SCHOOL TEACH ABOUT
IDENTITY? COULD YOU
GIVE AN ASSEMBLY ON
WHAT YOU HAVE
LEARNT?

SHARE. SHARE WHAT
YOU HAVE LEARNT.
YOU COULD WRITE A
BLOG, FILM A VIDEO
OR DISCUSS WITH
FRIENDS.

GET INVOLVED IN DEBATES
AND DISCUSSIONS. LISTEN
AND LEARN.

CONTINUE.....

WHERE TO GO FROM HERE



YOUTH FOCUS NW

Youth Focus NW has a host of information on their website as well as more resource packs to enable you to learn even more!



<https://youthfocusnw.org.uk/resources/>

BRITISH YOUTH COUNCIL

They empower young people through a multitude of projects from the UK Youth Parliament to the NHS England Youth Forum and more!



<https://www.byc.org.uk/>

ACTIVISM SUPPORT

Whether you're an activist, campaigner, carer or relief worker we are here to provide a safe space to discuss any issues that may be impacting on your life and work.

<https://www.counsellingforsocialchange.org.uk/activists/>

INTERSECTIONALITY

This video explains what intersectionality is and how we are all impacted by it.

<https://youtu.be/w6dnj2lyYjE>

MENTAL HEALTH SUPPORT

Anxiety UK offers tailored support for those with anxiety 03444 775 774
Open 9:00am-10:00pm Monday to Friday,
and 10:00am-8:00pm Saturday and Sunday.

Black Mental Health Matters site-
<https://www.blackthrive.org.uk/>

AMPLIFY

Share what you have done!
Share what other activists have done!

Know you can always reach out for help if you need it.