

Time	Activity	Aids
5 minutes	<ul style="list-style-type: none"> • Introduction • Warm up discussion <ul style="list-style-type: none"> - Do you know what stereotypes are? Can you give me some examples? - Have you ever been stereotyped and have you ever used stereotypes yourself? 	
6 minutes	<p>Video about stereotypes</p> <p>https://www.youtube.com/watch?v=-3FSfirWccw</p>	Computer + projector
5 minutes	<p>Now that we've seen the video let's test how much we remember</p> <p>Quiz:</p> <p>https://kahoot.it/challenge/06681819?challenge-id=6448d7d6-75a3-4140-a3e4-0c19bbffe508_1701000392712</p>	Computer + mobile phone + internet
10 minutes	<p>Reading + Questions about the text</p> <ul style="list-style-type: none"> - How do we divide stereotypes? - Are both of these types of stereotypes harmful? Why? - How can stereotypes harm us? Give examples 	Text: Stereotypes – Reading
10 minutes	<p>Group work stereotypes and counter-stereotypes:</p> <ul style="list-style-type: none"> • Write down at least 5 stereotypes and then write to each of them a real world example that proves that the stereotype isn't always right • Present what you have written to the class 	Pen + paper
5 minutes	<p>Quick summary - recap of the most important things from the lesson</p>	Blackboard + marker
5 minutes	<p>Write three things you learned in this lesson on a piece of paper and then submit it to me</p>	Pen + paper

Stereotypes - Reading

Stereotype Definition

What is a stereotype? This question comes up often. The Cambridge Dictionary defines the concept as "an idea that is used to describe a particular type of person or thing, or a person or thing thought to represent such an idea". This is the noun version of the word—it can also be used as a verb.

Movies, music, and television use the idea of stereotypes in their content all the time. Many sitcoms feature the blundering father, the ditzy female character, the absentminded professor, or the cultural minority best friend, for example. However, we can find stereotypes just about anywhere in our world today, including high school stereotypes, cultural stereotypes, and racial stereotypes. Some common stereotypes surround gender, race, appearance, age, and disability.

Stereotypes can generally be divided into "positive" and "negative," though those names can be deceiving.

Positive Stereotypes

Positive stereotypes are common, and some aspects of this concept may sound like a compliment on the surface. Take the "positive" stereotype, "All Asians are smart!" At first, it sounds like praise. But when you characterize a whole group of people based on certain perceived traits, you aren't acknowledging the diversity of individuals, and these type of judgements can be harmful. If you look at this specific example more closely, this "positive" stereotype can do a lot of damage.

Imagine you're a small child of Asian descent. You hear your whole life how "all Asians are smart," but that may not feel like it's true for you. You have a hard time in school. Reading is difficult. Math is impossible. Everyone around you seems to pressure you because you are supposed to be "smart". This difference between your own experience and the perception of others can make you feel like a failure every time you do not bring home that "A" assignment - like you alone missed out on the gene that makes "all Asians smart".

As you can see, although the stereotype doesn't sound like a bad thing at first, it can put a lot of weight on the people who do not seem to fit into it.

Negative Stereotypes

Negative stereotypes are those we often think of when we hear the word "stereotype". These untrue beliefs are usually used as insults or reasons for prejudice. A common negative stereotype is "All blonde women are dumb." This goes back to the Hollywood image of the helpless female, who is usually cast as a frail, fair-haired woman. The phrase already comes off as rude by nature of the descriptive word "dumb". However, just like the "all Asians are smart" example, the true damage of this stereotype goes a lot deeper.

Imagine you are a fresh-faced 21-year-old woman. You have just graduated top of your class. You are also Caucasian and have very noticeable light blond hair. To begin your

way in the professional world, you send out resumes, apply for internships, and network through social media. A prospective employer brings you in for an interview, but when you mention your bachelor's degree in engineering, the staff stifles a chuckle.

From the moment you entered the room, they already made up their mind about you. Sure, your background and experience look good on paper, but they believe that someone who is young, blonde, and attractive cannot possibly have the drive or smarts to make their way to the top. They write you off before you even get the chance to prove yourself.

How Stereotypes Harm Us

Both positive and negative stereotyping can be harmful. Although a stereotype, by definition, describes a group of people, it is the individuals who are negatively affected by these ideas. If you need more reasons why stereotyping is wrong, consider this.

They Divide Us

One of the most damaging effects of stereotyping is the divide it creates among people. By saying all the members of a group are smarter, more talented, or more attractive than another, it directly suggests that anyone who does not fit within that group is less smart, talented, or attractive. This type of attitude can easily fuel jealousy, insecurity, and even depression among those who do not fit into the desirable group. For example, guys that do not fit the alpha male or "masculine" mold for "manhood" may find themselves bullied or isolated simply because they don't fit a certain stereotype. For those who don't have a strong sense of identity, this type of behavior can cause mental health issues down the road.

They Create Fear

Sometimes, stereotypes can create real, tangible threats to those whom they affect. Here's one example.

After the September 11th terrorist attacks on the United States in 2001, Muslims living in the country experienced an increase in hate crimes and discrimination. Because the terrorists held extremist beliefs, it did not take long for people to develop a fear of Muslims or anyone from the Middle East.

Stereotypes like "all Muslims are terrorists", and "Muslims want to kill Americans" made waves across the country. Although the Muslim-American community condemned the acts of terrorism and proudly exclaimed their religion was one of love, the stereotype had already taken root, with many people referring to innocent people as "evil" or "terrorists".

It wasn't too long before natural-born citizens of the United States who just happened to be Muslim were also called terrorists. Innocent, hard-working, and loving people all over the country were feared, despite doing nothing wrong. Some were needlessly threatened, verbally attacked, and physically assaulted.

They Limit Opportunity

When one group is given special privileges or has opportunities taken away just because a certain belief spreads about them, it limits their social, educational, and career opportunities. For example, if members of a certain race are thought of as "lazy" or "uneducated," a potential employer is more likely to pass over someone's resume just by looking at their name, completely ignoring the qualifications they can bring to the role.

More specifically, in 2015, the Huffington Post released an article exposing a sad truth. Children who had "black sounding" names were more frequently labeled as "troublemakers" by teachers. They were already seen through a negative filter before they could prove themselves academically or behaviorally.

They Ignore Real Problems

Some would like us to believe that specific groups of people, or in some cases, certain cultures or races, are more violent than others. While these individuals rarely come right out and state this, their bias is seen through stereotypes in media.

The problem with this type of bias in the media is that it ignores real problems both within the racial, cultural, or social group the person is speaking about, and outside of it. While race, culture, and other groupings can play a role in problems in our society, boiling the entire problem down to one factor fails to illuminate the many other solutions we can take advantage of.

They Give Us Excuses

Finally, stereotypes not only change what other people think of us, but they can also change what we think of ourselves. If you constantly hear people making judgements that because of your age, race, gender, or social status, you must be something you are not, it can create emotional conflict.

Stereotypes are often based on assumptions we cannot change easily, or cannot change at all. Thus, we can be negatively affected by the stereotype we are given. Someone might not try out for a team or sport they love because they do not feel they "look the part". Someone else may not push themselves because they're convinced they aren't born with what it takes for success. Because of the thoughts and words of others, many people go through life without ever realizing their true potential.