



Introduction (10 minutes)

Welcome to this worksheet on understanding personal biases and stereotypes. Read the introduction and answer the following questions:

1. What do you think are personal biases and stereotypes?

2. How do you think personal biases and stereotypes can impact our interactions with others?

What are Personal Biases and Stereotypes? (15 minutes)

Read the following text and answer the questions:

Personal biases and stereotypes are preconceived opinions or attitudes that can influence our thoughts and actions. Biases can be based on a variety of factors, including cultural background, socioeconomic status, or personal experiences. Stereotypes are oversimplified and often inaccurate generalizations about a group of people.

1. What are some examples of personal biases and stereotypes?

2. How can personal biases and stereotypes affect our relationships with others?

Activity 1: Identifying Biases and Stereotypes (20 minutes)

Read the following scenarios and identify the bias or stereotype present in each one:

1. A teacher assumes that a student from a low-income background will not be able to afford to go on a field trip.

2. A friend makes a joke about a person's cultural background.

3. A classmate assumes that someone is not good at math because of their gender.

Activity 2: Challenging Biases and Stereotypes (25 minutes)

Think about a time when you experienced a bias or stereotype. How did it make you feel? What did you do in response? Write a short reflection about your experience.

Activity 3: Promoting Inclusivity and Respect (20 minutes)

Brainstorm ways that you can promote inclusivity and respect in your daily life. Consider the following questions:

- How can you challenge biases and stereotypes in your own thoughts and actions?

- How can you create a safe and welcoming environment for others?

- What can you do to promote understanding and empathy towards people from different backgrounds?

Conclusion (10 minutes)

In conclusion, personal biases and stereotypes can have a significant impact on our interactions with others. By understanding and challenging these biases and stereotypes, we can promote inclusivity and respect in our daily lives.

Individual Reflection:

1. What did you learn about personal biases and stereotypes from this worksheet?

Page 1 of 4

2. How can you apply what you learned to your daily life?

3. What challenges do you think you may face in promoting inclusivity and respect, and how can you overcome them?

Reflection Questions (15 minutes)

Answer the following reflection questions:

1. What did you learn about personal biases and stereotypes from this worksheet?

2. How can you apply what you learned to your daily life?

3. What challenges do you think you may face in promoting inclusivity and respect, and how can you overcome them?

Additional Resources (10 minutes)

For more information on personal biases and stereotypes, check out the following resources:

- [Website: Understanding Bias](#)
- [Book: "Blindspot: Hidden Biases of Good People" by Mahzarin R. Banaji and Anthony G. Greenwald](#)
- [Video: "The Danger of a Single Story" by Chimamanda Ngozi Adichie](#)

