

Agenda

Volcano Group:

Discrimination: 11/13/19

Objective: The objective is to educate group on what discrimination is and how it can be responded to in a healthy way.

Activity: The group will be given cards that they have to trade with each other in order to get all of the same cards in their hands. After completing the activity once, the group will play again. However, this time a part of the group will be put at a disadvantage based on a superficial characteristic.

Discussion: What can we learn from this activity? Was the game fair? What was wrong with it? How did it feel to be able to trade like normal? How did it feel to be put at a disadvantage? How did you respond to this? How should you respond to this? How could you have helped your friends with the disadvantage?

Handout: Types, Prevalence, Impact, and Responding to Discrimination.

Discussion: Now that we have discussed what discrimination is, what is it not?

Application: The patients will draw or write on the back of the handout what the opposite of discrimination is to them.