

EXERCISE FOR DISMANTLING PREJUDICE

Write down your prejudice that you would like to be rid of or examine:

Now think about your prejudice in more detail. Below, there are some questions to support with the examination and dismantling. Acquiring truthful, neutral information about the subject is often a good starting point for dismantling prejudice.

- Why do you find your prejudice harmful? Why do you want to get rid of it?
- Why do you think this way? Can you remember where you got this thought? Have you 'always' had this thought or did it arise due to some experience?
- Do you know if your prejudice is true? Is any of it true? If you think that it is based on truth, have you checked it anywhere? Do you know where you could find more information about the subject?

EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.



In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.



In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

Source: Samty Xiong, Equity Specialist from The Food Group
<https://www.icafoodshelf.org/blog/2017/11/15/equity-vs-equality-vs-justice-how-are-they-different>

(cited on 13 February 2019)