

EMOTIONS IN DISCRIMINATORY SITUATIONS

SAMPLE STORIES

1. Imagine that your school class is about to get photographed. It is an important event, for example, a picture of all classmates in the last year just before the final exams. As you queue to get your picture, your teacher grabs you by the shoulder, inspects you and asks: "Will you go there like this?!" — How would you feel?
2. Imagine you are on Facebook and come across an article about a person you can identify with. For instance, they work the same job as you, study the same discipline, are the same gender or have the same sexual orientation, look similar to you, or are the actor playing the role you strongly identify with. Under this post, there are hundreds of comments. Because this got your attention, you open the comment section and see that lots of them are just hate comments and insults at the person — how would you feel?
3. Imagine you sit on a bus and feel someone is gazing at you. When you look back, the person looks away. When you stop paying attention to them, this person begins to gaze at you again. This happens over and over again — multiple times. When you get off you notice this person gazes at you through a bus window — how would you feel?
4. Imagine you came to a place new for you, for instance, a school cafeteria at your new school. Or, you just got on a long-distance bus, or, you came into an overcrowded library. There is no place left for you to sit single, so you have to join someone. You approach a table/double-seat and ask if you may sit next to this person/these people. The person looks at you, says nothing and moves their chair further away from you. When you sit, the person looks at you again, turns away from you as much as possible and moves their stuff closer to themselves — how would you feel?