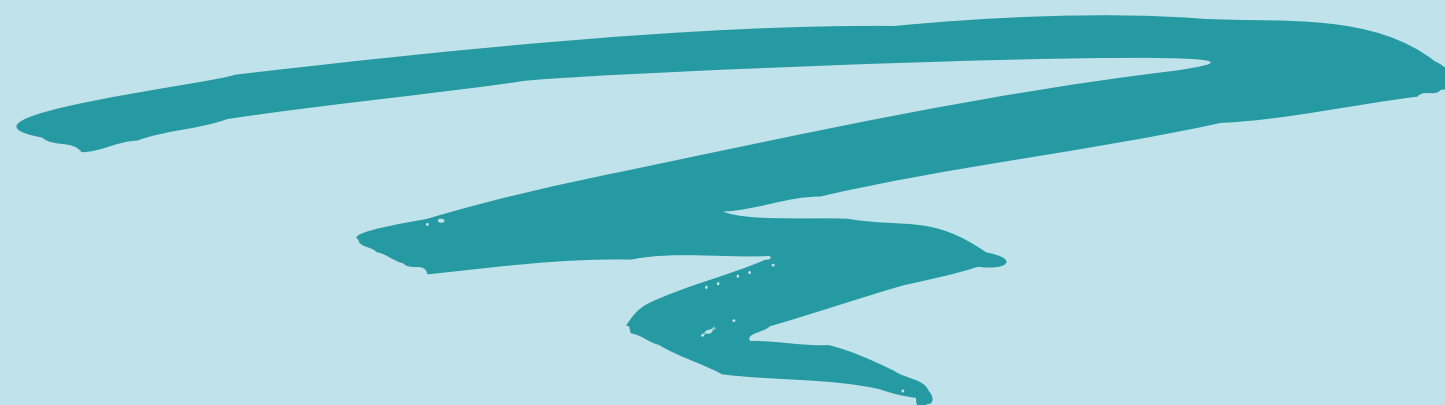




**KNOW YOURSELF**

**MY STORY. MY WORDS.**





# INTRODUCTION

Today, we will explore the power of using our voice to tell our own stories while using poetry and to tear down stereotypes.



# SEL CONNECTION



**Self-awareness** leads to **social-awareness** which can eventually lead to tearing down stereotypes.





# ICEBREAKER

# DISMANTLING STEREOTYPES





## DISMANTLING STEREOTYPES

- 1) Stand up and find someone in the room wearing the same color shirt.
- 2) Introduce yourselves if you don't already know each other.
- 3) Discuss your understanding of stereotypes — definitions and personal experiences.

If you're not sure what stereotypes are, share some assumptions people make about you based on your appearance.



# DISMANTLING STEREOTYPES

## WHOLE GROUP CYPHER

What did you discuss related to stereotypes?

Share your definitions and personal experiences.





### WHAT ARE STEREOTYPES?

**STEREOTYPE**

A simplified and often unfair belief or idea about a group of people based on things like their race, gender, or background.

It's like making quick judgments about someone without really knowing them, and it's important to remember that individuals within a group can be very different from one another.





LESSON  
PART ONE



# RACIAL STEREOTYPES





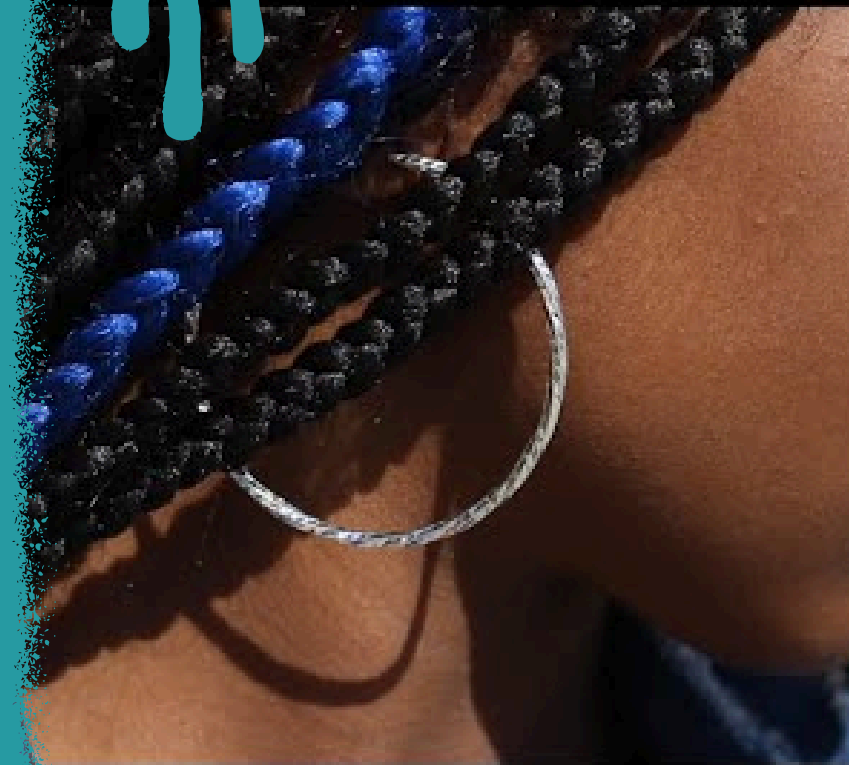
# LESSON: PART ONE



WATCH A VIDEO

## RACIAL STEREOTYPES

- 1) Watch: [Racial Stereotypes](#)
- 2) How has your definition of stereotypes shifted after watching the video?





# RACIAL STEREOTYPES

## MIDDLE SCHOOL QUESTIONS

- What are the dangers of stereotypes?
- Why should you try to avoid stereotyping others?







# RACIAL STEREOTYPES

## HIGH SCHOOL QUESTIONS

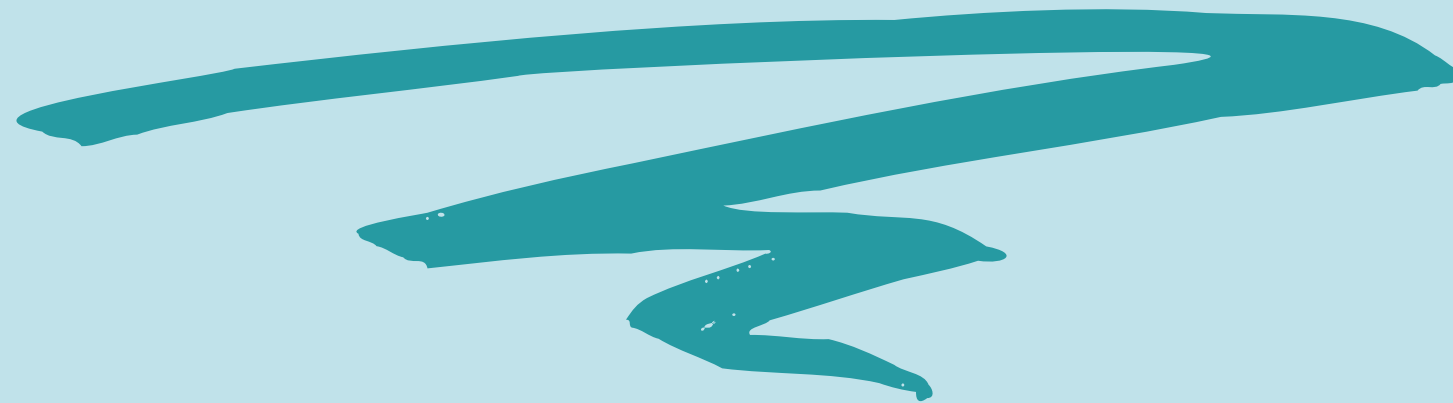
- How have stereotypes played a role in your school experience?
- Why might it be important to raise awareness related to the dangers of stereotyping others?





# LESSON PART TWO

# I AM POEMS: LISTEN



# LESSON: PART TWO



WATCH A VIDEO

## I AM POEMS: LISTEN

- 1) Watch “The Identity that is True to Me,” by Romana Jabeen.
- 2) Use the graphic organizer to write down ways that the poem defies stereotypes.





# LESSON: PART TWO



WATCH A VIDEO

## I AM POEMS: LISTEN

Watch one or both of these spoken word poems for additional examples.



**"Uncle Sam"**  
**Joshua Abah**



**"Accents"**  
**Denice Frohman**





### I AM POEMS: LISTEN



If I didn't define myself for myself, I would be crunched into other people's fantasies of me and eaten alive."

- Audre Lorde

#### **DISCUSSION QUESTIONS:**


- What do you think this quote means?
- Why is it important for us to define ourselves for ourselves?
- What does that look like for you?





# LESSON PART THREE

# I AM POEMS: YOUR TURN





# LESSON: PART THREE



## I AM POEMS: YOUR TURN

- 1) Review the "I Am" poem templates.
- 2) Write "I Am" poems that speak to your identities, cultural heritage and life experiences.





# DEBRIEF / EXTENSION



### MY STORY. MY WORDS.

Host a school-wide or grade-wide poetry slam using the “I Am” poems or create an “I Am” photo montage poem.

