**8 LABEL JARS NOT PEOPLE**

**Aim**
To explore participants’ stereotypes and prejudices and the impact these have on other people.

**Time**
35 minutes

**Materials**
Flip chart paper and Post-it notes or sticky labels.

**What to do**
- Write the labels on post-it notes or sticky labels. Select four groups from the list, choosing those which are most appropriate to your participants and the theme of the workshop. Label four pieces of flip chart paper with the names of the four groups.
- Ask four volunteers to each be a person from one of the groups and give each volunteer their sheet of paper.
- Ask the remaining participants to form pairs. Divide the labels among the pairs. Ask each pair to decide which of the groups each label best fits and to stick the label on that volunteer’s piece of flip chart paper.
- Ask the volunteers to decide which labels they want to keep and which they don’t and to divide the labels on the flip chart paper accordingly.
- Bring the group back together for discussion.

**Discussion Questions**
- Which labels did the volunteers like and dislike? How did it feel to have certain labels dumped on you?
- Do the labels accurately reflect the groups to which they were attached?
- Where do our ideas about these groups come from?

**GROUPS**
- American
- African
- Unionist
- Asylum seeker
- Garda
- Dubliner
- Traveller
- Single mother
- English person
- Woman
- Vegetarian
- Teenager
- Hoodie wearer
- Muslim

**LABELS**

- Happy
- Drunken
- Lazy
- Copycat
- Pityful
- Optimistic
- Carefree
- Different
- Warm
- Loyal
- Boring
- Sexy
- Loving
- Peace loving
- Backward

- Good listener
- Bad listener
- Crazy
- Rich
- Mean
- Cold
- Pessimistic
- Hard working
- Sly
- Kind
- Good looking
- Moral
- Rude
- Cruel
- Creative
- Energetic
- Lazy
- Drunken
- Lazy
- Copycat