

Objective

Create a sense of trust and equality among a group of individuals, create an awareness of ones self

Risk Level: Intermediate to Advanced

Cautions: Facilitation must be used effectively because controversial topics are discussed within the curriculum

Description: Various questions are asked of participants regarding their values, beliefs and past experiences where they “cross a line” if they answer yes to a question. This is used to show the similarities between participants.

SCM: Collaboration, Consciousness of Self, Congruence

Time: 15-30 Minutes

Materials: Facilitator’s Sheet

Preparation: Review of the activity and an understanding of the importance of the debrief facilitation

Follow Up: Facilitate the following questions:

What kind of feelings did you have as you participated?
When were you surprised? Why?
What did you learn through this activity?
How does it feel to declare who you are?
How does it feel to declare your values?

Instructions

1. Take group into an open space and explain that this activity requires the participants to be authentic with themselves and the group
2. Explain that we are come from diverse backgrounds and we all have different experiences within our lives
3. Provide an example of crossing the line (ie. “Cross the line if you wear contacts”)
4. Explain that this activity could make people uncomfortable at times but that the discomfort causes people to gain a new perspective on each other.
5. Explain there are 2 very important ground rules: The activity involves complete silence (no laughing, talking, or nonverbal messages), the respect of one another is crucial in this activity and this activity’s information should not be shared outside of the group
6. Ask If the group has any question
7. Cross the line if you identify as being:
 - A Man
 - A Woman
 - Born in the United States
 - Have seen the Pacific Ocean
 - Have seen the Atlantic Ocean
 - Have ever lived away from home
 - A person of color
 - African-American or Black
 - European-American or Caucasian
 - Arab American
 - Native American
 - Asian-American
 - Pacific-Islander
 - Northern
 - Southern
 - Knowing very little about your cultural heritage
 - Speak a language other than English
 - Religious
 - Have seriously questioned your religious beliefs
 - A republican
 - A democrat
 - An independent
 - Not identifying with any political party
 - Raised in a lower-income family with not enough resources
 - Raised in an upper-income family with more than enough resources
 - Raised in a middle-income family with enough resources
 - Raised in a single parent household
 - Raised as an only child

Instructions Cont.

- Raised as the oldest child
 - Raised as the youngest child
 - Have parents who have been divorced from one another
 - Have had a close family member/friend die
 - Have both parents still living
 - Have one parents still living
 - Both parents have died
 - Are single
 - Are in a long-term relationship
 - Are a parent
 - Sometimes feel lonely
 - Sometimes have low self-confidence
 - Ever been in a fight to prove you were tough
 - Believes it is alright for someone to have a date of the same gender at a social event
 - Are gay, lesbian, transgender or bisexual or have friends and/or family that are gay, lesbian, bisexual or transgender
 - Have experienced the effects of drug addiction in the family
 - Have a friend or relative who has or has attempted to commit suicide
 - Have a friend or relative that has been sexually assaulted or abused
 - Have or know someone who has been raped
 - Have been discriminated against because of your age
 - Have been discriminated against because of your gender
 - Have been discriminated against because of your race
 - Have been discriminated against because of your religion
 - Have broken a law
 - Have ever had your home broken into
 - Anyone who has cheated on a significant other
 - Anyone who has had a significant other chat on them
 - Anyone who regularly participates in community service
 - Anyone who has felt let down by an organization of which they were a member
 - Anyone who has lied to protect their own self-interest
 - Anyone who has not confronted something that they wish they would have
 - Anyone who in the last week used their values to make a decision
 - Anyone who in the last month has not fulfilled a commitment
8. Complete follow-up activity

Notes:
