

# Labels

Talk about the labels we give/get to/from ourselves and others and the stereotypes related to those labels during this accessible game.

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## Topic

- ✓ Society
- ✓ Identity & emotions

## Learning skills

- ✓ Self-awareness
- ✓ Empathy & social awareness
- ✓ Relationship skills

## Activity type

- ✓ Group discussion


## Materials

- ✓ Basic

## Age

- ✓ 6 - 11 years
- ✓ 12 - 14 years
- ✓ 15 - 17 years
- ✓ 18+ years

 5 - 15 minutes

 +5 players

 Easy

 Calm

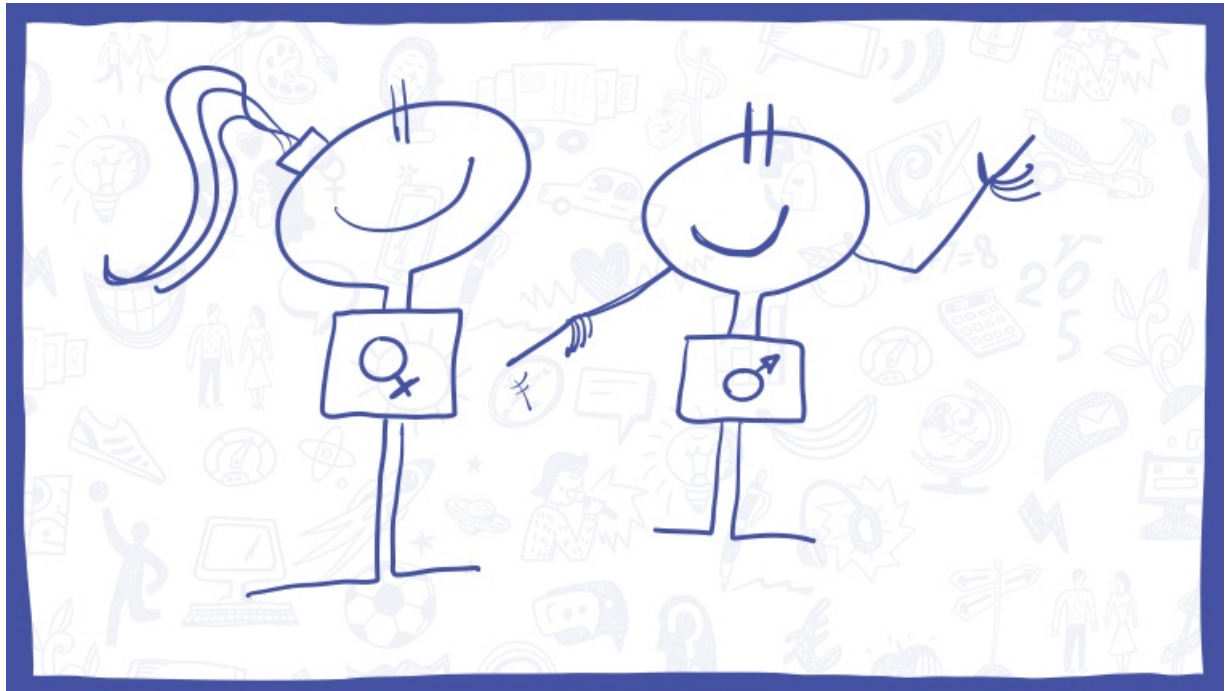
 Small (office, pavement)

## Contributors



Mobile School

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## Materials

### Everything you need to play this game

- ✓ 1 printable label per player
  - ✓ Paper or blackboard
  - ✓ Pens or chalk
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# How to play the game

## A step-by-step guide to play the game

- 1 The game leader mentions which labels he/she thinks others might use to give a description of who he/she is, e.g.: woman, heterosexual, mother, divorcee, feminist, vegetarian, workaholic, sloppy, "green",...
  - 2 Ask the players to think about the labels others use to classify them.
  - 3 Ask them to write down the label they hate most on a printable label and to stick it on.
  - 4 The players now walk around and look at the labels others are wearing. They can ask each other questions about it.
  - 5 Reflect on the activity by asking questions such as:
    - Were many labels similar or were there a lot of differences?
    - Do you understand why people chose the labels they chose and why they are hurtful?
    - How are you confronted with labels about yourself?
    - How do you deal with those labels?
    - Why do you think people give labels to others?
    - Do you give yourself labels as well?
    - Are there labels you do like?
    - ...
  - 6 Now, discuss the characteristics we automatically associate with different labels. Ask the players, e.g.: "What do you think of when you hear the label 'vegetarian'?"
  - 7 Write down all the words on a piece of paper or on a blackboard.
  - 8 Ask the players which words, in their opinion are related to stereotypes about vegetarians and circle or underline them.
  - 9 Ask the vegetarian players which characteristics associated with the label 'vegetarian' apply to them and which don't.
  - 10 Repeat the same process with some or all of the other labels. By talking about the labels "girl"/"woman" and "boy"/"men", e.g., you can address gender stereotypes.
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# Additional game information

## Extra game information

- This activity is a part of the StreetSmart sexuality package. The package aims to give youth workers the tools they need to address the topic of sexuality in a playful way with the children and young people they work with, so they can learn to make conscious, healthy and respectful decisions. Sexuality is a very broad term, encompassing various subtopics. Here, you can find a list of all activities included in our sexuality package to address these different topics:

- 1 **Sexuality in general:** The Sex Alphabet, The Sexuality Goose Game, Yes or No Circle, Sexuality Statement Game
- 2 **Body (development):** Anatomy fundamentals, Who has what?, Physical changes in puberty, Emotional changes in puberty, Life Cycle
- 3 **Boundaries:** Stop!, People to People, Kiss the Teddy Bear, Body Carrousel, (Not) Okay?, Body Twister
- 4 **Relationships:** Choose Your Relationship, My Ideal Partner, In The Worst Way Possible
- 5 **Gender & sexual orientation:** Labels, Sex Change, Who does what?
- 6 **Safe sex:** The Synonym Game, Condom Smugglers, Goodie Bag, STD-Roulette, Can I get pregnant?
- 7 **Sex & media:** Who is responsible?

- This game was inspired on a game shared by Sensoa (source: Love Needs Learning)

## Specific learning objectives

- Get an insight into the labels we give/get to/from ourselves and others.
- Reflect on the stereotypes related to those labels.
- Realise how stereotypical our own thinking can be.