ipb instituto politécnico de Bragança

Breaking Fences

Norm-lab Proposal

Norm-Consciousness And Health

Group: Goose Gang









communication

Mind map

Concepts

self-awareness

empathy

self-conscious

educational

NormDay

Increase understanding of societal norms and their impacts.

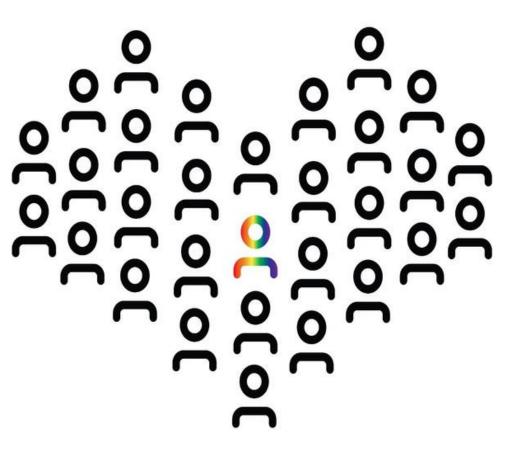
Promote analysis and reflection on norms through interactive activities.

Develop empathy by sharing real-life stories.

Enhance self-awareness through introspection and reflection.

Create a safe environment for sharing thoughts and experiences.





Are you self aware?

October 14

Goose Choise

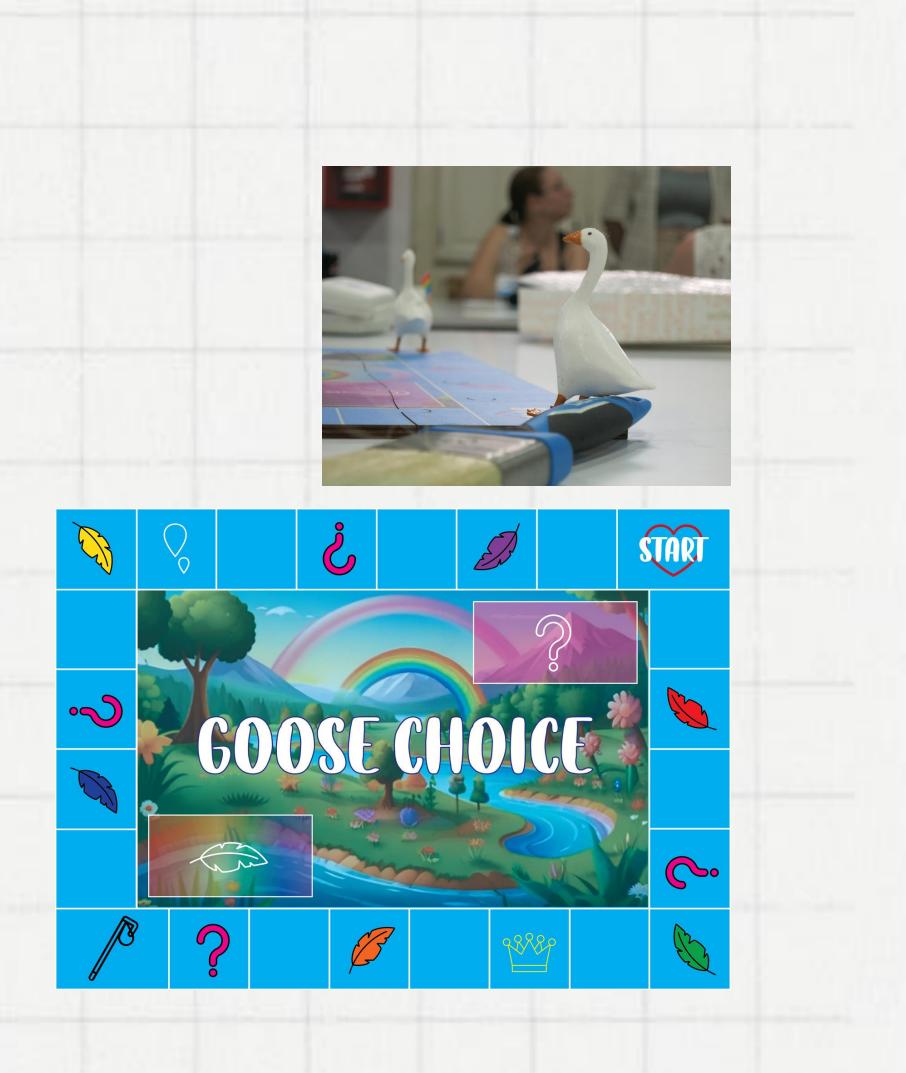
Encourages open dialogue among students.

Promotes introspection and self-awareness.

Fosters understanding and empathy through shared stories.

Stimulates critical analysis of societal norms.

Encourages practical solutions to real-world issues.







Goose Choise







Testimony

Promote awareness of societal norms.

Stimulate critical analysis and reflection on these norms.

Develop empathy by sharing real-life stories.

Encourage reading and reflecting on these narratives.

Encourage creative thinking and practical solutions.



How have you felt discriminated against?

MoistBacon29 3d

A few years ago my military friend was in town and he was on his way to stay the night at my place. I'm a black male. I decided to go buy some alcohol for us and a liquor store down the street that I've never been to before. Was wearing my lazy cloths; sweats, t-shirt, hoodie, backwards hat so I didn't have to do my hair.

Walk in and immediately getting eyed from the cashier. I ignore it head to the back of the store where the jack honey is (my friends favorite). I grab a bottle and turn around and see a bunch of fancy shooters on a shelf. Out of no where the cashier charges at me saying "those aren't for sale! What are you up to? Your very suspicious!". I ask, "well why display them then and how tf am I suspicious?".

I don't usually use the race card but told them they have been staring at me from since I got in and it feels like it's because I'm black. They noticed the other customers were now listening and said to "whatever just get out of here now". I left cursing them out..

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