

# “Stand Up” Exercise

## Objectives

1. Identify and express pride in groups we belong to.
2. Identify information and misinformation learned about other groups.
3. Learn how groups other than our own experience challenges or oppression.

Group is given above objectives and asked to participate as much as they wish in the exercise. Also, before you do this exercise, edit the options listed to best represent the people who will participate in the exercise, but always leaving some categories even if no one in the group identifies that way, just to have everyone think about that group.

*Instructions: I will make statements and ask those who fall into certain categories or descriptions to stand and be a part of that group or category for recognition; other group members should applaud the group as they stand as a way to celebrate the different facets who make us who we are. Then we'll sit down again and the next category will be called. We will pause at various times to see if people have comments. Everyone has the right to choose their own level of comfort for participation.*

## Groupings:

Age- “Please stand if you are”

- 20 or under
- 21 to 24
- 24 to 30
- Over 30

Region/Hometown- “Please stand if you are originally from”

- Southern California
- from Northern California
- from another state
- from another country

Family size- “Please stand if you”

- are an only child
- have 1-2 siblings
- have 3-4 siblings
- more than 4 siblings?

Religion- “Please stand if you were raised or are now”

- Catholic
- Protestant
- Orthodox (Greek, Russian, etc)
- Jewish
- Baptist
- Muslim
- Hindu
- Buddhist

Episcopal  
Lutheran  
Ba'hai  
Methodist  
Latter Day Saints/Mormon  
Atheist (does not believe in higher power)  
Agnostic (believes in higher power)  
Did we miss anyone?

Family history- "Please stand if you feel your family was"      shaped by divorce  
not shaped by divorce

***PAUSE: Ask if people have any comments they want to make at this time.***

Heritage- "Please stand if you consider your ethnic heritage to be"

African  
Mexican  
Japanese  
Chinese  
Spanish  
English  
German  
Jewish  
Persian  
Italian  
Filipino  
Scandinavian  
Korean  
Irish  
French  
North American  
Others?

Class- "Please stand if during your childhood you felt your family" was poor  
had less than enough  
had enough  
had more than enough

***PAUSE: Ask if people have any comments they want to make at this time.***

*These next should be prefaced with a reminder that people should participate in any way that makes them feel comfortable; they don't have to stand up at all or they can stand with any group they choose.*

Disability- "Please stand if you"      live with a disability

do not live with a disability

Gender Identity- “please stand if you”  
identify as male  
identify as female  
identify as transgender

Sexual Orientation- “Please stand if you prefer to identify as”  
gay/lesbian or bisexual  
heterosexual

Hidden Identities-

*It’s not always possible for people to know by looking at us what has influenced our lives, or shaped our experiences. Sometimes diversity in a group includes “hidden factors.”*

“Please stand if you feel your life has been influenced by a hidden identity (you won’t be asked to reveal this unless you wish to do so...)”

***PAUSE: Ask if people have any comments they want to make at this time.***