



Who do I trust?



You probably know a lot of people. Come on, yes you do! At least, you know some people. These people can have various identities and characteristics, such as various genders, nationalities, ages, religions... These characteristics change our experience of the world.



To discover a few of these experiences, first **watch this video**
Can you relate with some stories told in the video?



Now, let's come back to the people you know. Among all of them, there are people you trust. There are plenty of ways to trust: you may trust them to keep a secret, or when they help you with your math homework, or when you have to do a project together... Or you can simply trust that you can count on them, in your life.

1

The first part of this activity is to write down the names of **6 people you trust**. Any kind of trust can work. However, **no family member** is allowed on that list. If six is too many for you, you can stick to less. Ready? Go!

2

Done? Great! Now, tick each box when that person and you have that characteristic in common. For instance, if they have the same religion (or absence of religion) as you, you can tick that box. If one of those questions makes you feel uncomfortable, feel free to skip it.



	Gender:	Nationality:	Age: less than 3 years difference	Religion:	Sexual orientation:	Disability:
name:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
name:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
name:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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name:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now, looking at the list, does it seem that you trust people who have characteristics that are **different** or **similar** from you?



Researchers found that most of us tend to trust more easily the people who have similar characteristics¹, as they seem to be "in our group". We more easily see them positively, have empathy for them, collaborate with them, trust them – because they seem to be "like us". And of course, that means that people who are different than us may less easily get our trust, support or empathy – even if they deserve it just as much. This is what we call a **bias**: a filter that will slightly influence how we see other people. This specific one is named **affinity bias**. We are all biased and there is no way to get rid of our biases, they are part of the normal process of our mind.

But we can become aware of them through activities like this one, and by pausing and asking ourselves: "Am I having a positive/negative bias towards that person?". When we become aware of our biases, we can make an effort to change our attitudes and behaviours. To offer our trust to people from other groups. To become (a little bit) more clearheaded, and be (a little bit) less fooled by our own biases. **This activity is not a test, and it does not mean anything about you!** It is just a tool to help you understand what the affinity bias is, and become aware of it.

¹ Read for example https://en.wikipedia.org/wiki/In-group_favoritism

For more activities about biases and stereotypes, have a look at the **Guide to Becoming Yourself**, with a specific chapter on **Are we all biased?**, available in 4 languages!



P@ssw•rds?

Are you enjoying the pleasures of the internet?
Are you connecting with others through social media? But also...
are you having safe digital practices?

The internet is fantastic, exciting, but it also holds some risks...
watch this video to discover the experiences of other teenagers.



Now, let's speak about a very simple, but very often forgotten element of cybersafety: **passwords**. Passwords? Yes, of course you have passwords. You probably have email accounts, social media accounts, and plenty of other digital accounts for all sorts of things. So, here is a game you can play with your family, or with your friends.

It is a very simple game:



- ① Each player takes a sheet of paper, or any other means to write.
- ① Now, each player writes down all the digital accounts they have: for each email address, each social media account, each gaming account... How many accounts does each player have in total?
- ① Now, ask each player to count the number of different passwords they use for all their accounts.
- ① The player who has the highest number of passwords... wins! This player is the most cyber secure...



Why?

Well... if you have a small number of passwords, it is very likely you use the same password for several accounts. And this is NOT a secure practice!!!!

It means that if one of your accounts gets hacked, the hacker may access other accounts too. If your password is compromised in any way, then all the accounts using that very same password are compromised. The best is to create a different password for each account. If you can't remember them all, you can use a password manager software – many internet browsers now have one.

And if you want to know more about safe online practices and cyberbullying, you may also have a look at these articles from UNICEF:

How to keep your child safe online: 5 tips to have a safe online experience!

Not only for parents, but also for you!

Cyberbullying: What is it and how to stop it!.



What will your future look like?



In 20 years, what will your life look like?

To start with, **watch this video**

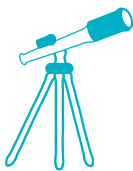


Let's do a little bit of daydreaming.

What kinds of **things** would you **like** in your future life?



What will bring you calmness, **serenity**, or even healing?

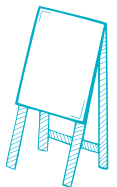


Where will you **live**?

Will you have **one job** or **three different ones**?



What will bring you **pleasure** and **excitement**?



What will be **important** for you?



Who will **support** you along the way?



$$x + (1 - y) = ?$$



1

First, look at all the elements drawn above. Which ones speak to you? Why? Would you like to have them in your future life?

2

Secondly, circle the ones you would like to have in your future life. If you wish to add things in your life that are not drawn here, just draw or write them somewhere on this sheet.

3

Then, write a few lines describing your future life, with all the elements you have circled. Start with the sentence "In 20 years, I would like my life to be filled with..." and add one of the things you have circled. Then keep writing as long as you want (you can use the other side of this sheet!), adding other elements to describe what you would like your life to look like.

In 20 years, I would like my life to be filled with

.....

For more activities about your future, have a look at the **Guide to Becoming Yourself**, with a specific chapter on **Dreaming your life**, available in 4 languages!

