

PRIVILEGE WALK – LIVING WITH DISABILITY



40 minutes

TIME



10 - 30 participants



No.

Role cards with and without different disabilities (see example below) and a long open space (a corridor, large room or outdoor)

MATERIALS



- Foster empathy with others having disability
- Raise awareness about inequality of opportunity

OBJECTIVES

1. Ask participants to each take a role card (they can't read what is on the card when choosing). Tell them to keep it to themselves and not to show it to anyone else.
2. Invite them to sit down (preferably on the floor) and read carefully what is on their role card.



3. Now, ask them to get into the role. To help, read out some of the

INSTRUCTIONS STEP BY STEP

following questions, pausing after each one, to give people time to reflect and build up a picture of themselves and their lives:

- What was your childhood like?
- What kind of games did you play?
- What is your everyday life like?



DISCUSSIONS



HINTS

THIS ACTIVITY ONLINE

4. Ask people to remain absolutely silent as they line up beside each other (like on a starting line for a race).
5. Tell the participants that you are going to read out a list of situations or events (see examples below). Every time that they can answer 'yes' to the statement, they should take a step forward. Otherwise, they should stay where they are and not move.
6. Read out the situations one at a time. Pause for a while between each statement to allow people time to step forward and take note of their position relative to one another.
7. At the end, invite everyone to take note of his/her final position. Then, give them a couple of minutes to come out of the role, before debriefing.

Start by asking participants about what happened and how they felt about the activity.

How did people feel stepping forward – or not? For those who often stepped forward, at what point did they begin to notice that others were not moving as fast as they were? Did anyone feel that there were moments when

his/her basic human rights were being ignored?

Can people guess each other's roles? (Let people reveal their roles during this part of the discussion) How easy or difficult was it to play the different roles? How did they imagine what the person they were playing was like? What did you feel like being in the front of the group? In the back?

The best is having a diverse group so the 'so-called' disabilities will be present in the group and people can make a direct exchange about personal experience. So as facilitator be aware of the diversity in the group and try to channel it back in the debrief of the exercise.

The privilege walk is not intended to make anyone feel guilty or ashamed of his or her privilege or lack thereof. If you have disabled people in the group, take extra care how you handle the situation, which role card to apply. If you think your group can cope with more advanced privilege issues, you can mix in race, sexual orientation etc.

You can make the activity online asking participants to take imaginary steps and revealing after every second or third question their position as measured to the baseline.

THEORY

This activity is a version of the game "Privilege Walk". Many educators use privilege walks as an experimental activity to

highlight how people benefit or are marginalized by systems in our society. This particular walk is designed with questions spanning many different areas of sexuality of people with disability.

ANNEX I – EXAMPLES FOR ROLE CARDS

22-year-old man	17-year-old girl in wheelchair
22-year-old woman	30-year-old man in wheelchair
14-year-old boy with intellectual disability	19-year-old woman with amputated right arm
16-year-old girl with intellectual disability	25-year-old man with amputated right arm
16-year-old boy with complete vision loss	25-year-old woman with complete vision loss

ANNEX II – QUESTIONS

1. Asking my doctor for contraceptive is not a problem for me.
2. I am afraid of rejection.
3. I am interested in having sex.
4. I am often praised for my appearance.
5. I am often touched by others.

6. I am satisfied with my body.
7. I can have as many sex partners as I want.
8. I don't mind being watched by strangers.

9. I easily talk about sex with my peers.
10. I know what I need to know about sex.
11. I love to be kissed.
12. I think I am loveable.
13. I think I will have a partner later in my life.
14. If I am really attracted to somebody, I am not afraid of trying to kiss him/her.
15. If I want to have children, I guess I'll have children.
16. If I want to, I can find sex partner.
17. If somebody is looking at me, I usually think that he/she likes me.
18. If somebody is sexually attractive to me, I tell him/her.
19. I wouldn't change anything on my body.
20. I love sex.