**Breaking Down Barriers Activity**

**Low stress**

**In-person & online**

Suggested use:

This activity would be used best as an “ending activity,” where individuals can reflect on the work they have done during the course of the presentation.

Suggested instructions:

In-person:

1. Pass out a copy of the activity to participants.
2. Read the instructions together.
3. Participants should be given an allotted time (10 minutes) to complete the activity individually, and be prepared to share their answers with the whole group.
4. When time is up, invite participants to share their answers with the whole group.

Online:

1. Provide the handout in advance via email to participants.
2. Instruct participants to open the document.
3. Read the instructions together.
4. Participants should be given an allotted time (10 minutes) to complete the activity individually and be prepared to share their answers with the whole group.
5. When time is up, invite participants to share their answers with the whole group.

See attached handout.

**Breaking Down Barriers**

*Directions: Complete the questions below.*

**Individual ACTIONS I can take to break down the barriers to creating a diverse community are:**

Sample actions:

* Talking to someone you’ve never talked to before
* Fighting stereotypes by getting to know different kinds of people
* Reaching out to people who are alone
* Volunteering with a community organization
* Mentoring others – lend a hand or provide advice when they need it
* Joining an organization
* Speaking up when you hear someone make an inappropriate remark

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**Group ACTIONS we can take to break down the barriers to creating a diverse community are:**

**Sample actions:**

* Conducting diversity and inclusion training with staff members
* Inviting speakers to discuss their experiences
* Encouraging staff members to participate in office sponsored volunteer activities
* Regularly schedule team-building activities for all staff members

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