

# IDENTIFYING YOUR DIGNITY STORY

In this activity students/participants will select a writing prompt as a means of identifying and developing their own dignity story. They compose their story in the medium that is most comfortable for them (images, words, or both) and share it with others. In the process, students practice composing stories, reinforce communication skills, and consider the role of dignity in their lives.

AGES 10+ | TIME 60 MIN

## DIRECTIONS

Ask students/participants to select one of the following writing prompts:

- Identify a challenge you have faced in your life that relates to dignity.
- Identify a time that you wanted to hide an aspect of your identity (race, ethnicity, gender, family, social class, sexuality, etc.) or a time when you were tempted to hide your identity, but didn't?
- Identify a time that you felt unsafe or a time when you made someone else feel safe.
- Identify a time you listened to and respected someone who had different beliefs than you did. Or a time when you didn't listen to and respect someone who had different beliefs than you did.
- Identify a time you recognized someone for their hard work and/or and praised them for their good work. Or a time when you didn't recognize someone.
- Identify a time you felt under-appreciated or overlooked or a time when you felt appreciate and recognized.
- Identify a family member or friend who has done something that inspired you to treat yourself and others with dignity.
- Identify a time that you posted, texted, or emailed something that disregarded your or someone else's dignity. Or a time when someone else used technology in a way that violated your dignity.



- Identify a time you openly criticized an act that violated someone's dignity.
- Identify a time when someone treated you with dignity or you treated someone else with dignity.
- Identify a time you disregarded your own dignity or honored your own dignity.
- Identify a time when someone else disregarded your dignity or you disregarded someone else's dignity.

**COMPOSE:** Students/participants decide which prompt they will respond to as a means of writing their dignity story. They can write them out or bullet point the main points or draw a cartoon/image that clearly tells the story. They can elaborate on their dignity story by responding to the questions: What happened? Why? How did it make you feel? How would you handle the situation today? How does it connect to dignity? What did you learn from this experience? About yourself? About others? About dignity? Why is dignity an important part of your story?

**PAIR/SHARE:** Students/participants read and/or tell their story to their partner. Students/participants read and/or tell their story to the group. Remind students it is important to respect each story, even if it is unfamiliar or different from anything they have experienced before.

**REFLECT AND VALIDATE:** Students/participants practice treating others with dignity by taking turns validating and praising their peers, identifying which stories resonated with them, made them think differently, moved them, etc. Students/participants can snap when someone says something they agree with.

### EXTENSIONS OR GLOBAL CONNECTIONS

- Partner this experience with the [Make a Statement](#) lesson.
- **TECHNOLOGY OPTION:** students/participants post their dignity story to the [Youth Voices](#) website. Teachers/facilitators/students can link to their writings on Twitter
- Provide students with examples of dignity stories with [Dignity Story Examples](#).

---

Connect with our Global Dignity community and explore our Teaching Dignity resources and curriculum at [GLOBALDIGNITY.ORG](https://www.globaldignity.org).