

INTRODUCTION TO DIGNITY: WORKSHOP

Use these easy-to-follow instructions to hold a **90-minute** Introduction to Dignity: Workshop anywhere, including in classrooms, community centers, workplaces and refugee camps. During the Workshop, participants will be introduced to the powerful concept of dignity and share personal dignity stories—the most engaging and impactful way we have found to get to the heart of what dignity is all about.

This introductory Workshop can be used for participants of any age.

Materials:

Chart paper, white board or chalk board

Marker or chalk

Internet access (optional)

Projection screen or large monitor (optional)

NOTE: **Globaldignity.org** includes several resources to help you better understand the core principles of dignity.

1. FACILITATOR INTRODUCTION + SESSION GOALS / 10-15 MINS.

STEP 1: **Introduce yourself** and the **goals of the session**: to understand the meaning and importance of dignity, how it impacts the way you think about your own potential and future, and how it affects the way we all treat one another.

STEP 2 (Optional): Share a **dignity story from your own life**.

2. WORD WALL / 5-10 MINS.

STEP 1: On chart paper, a white board or chalk board (as large and visible as possible), **write the word “dignity” at the top or at the center**.

STEP 2: Ask participants to share **what words come to mind when they hear “dignity.”**

STEP 3: As participants call out their ideas, write them around or beneath the word “dignity,” or invite everyone to add words to the Word Wall themselves.

NOTE: More often than not, participants will use the word “respect” when describing dignity. **There is an important distinction between respect and dignity**, which you can use this opportunity to explore. **Dignity: The Essentials** includes a helpful explanation of the difference. You can find it here: globaldignity.org/organizational-resources

3. INSPIRATIONAL VIDEO OR STORY / 10 MINS.

STEP 1: Play a short inspirational video **showing dignity in action** (globaldignity.org/inspiration has many videos to choose from, or feel free to use a video of your choice).

STEP 2: Ask participants to **look at the Word Wall again**. Which of these dignity traits did they see exemplified in the video? Do they have any new words to add to the Word Wall after watching the video?

TECHNOLOGY-FREE OPTION: If showing a video is not possible, consider inviting an inspirational speaker to share his/her dignity story in person, or read a dignity story aloud.

4. YOUR DIGNITY STORY / 25-30 MINS.

STEP 1: Have participants break into **small groups of 3-5 people**.

STEP 2: Explain that now that we have explored what dignity is and what it looks like, we're going to think about **how dignity relates to our own lives**.

STEP 3: Ask each participant to think about **a time when his/her dignity was NOT honored and respected**. This may have taken place in school, online, on a sports team, etc. What happened? How did you feel? Why do you think you felt that way? How did this event impact you afterwards?

STEP 4: Ask participants to **share their experience with their small group** (allow approximately 10 minutes).

STEP 5: Now Ask each participant to think about **a time when his/her dignity WAS honored and respected**. What happened? How did you feel? Why do you think you felt that way? How did this event impact you afterwards?

STEP 6: Ask participants to **share their experience with their small group** (allow approximately 10 minutes).

NOTE: Let participants know that **sharing personal stories is optional**. Anything shared during the Workshop should remain confidential.

5. SHARE YOUR STORY / 15 MINS.

STEP 1: Ask everyone to **rejoin the larger Workshop**.

STEP 2: Invite anyone who would like to **share a story about when their dignity was NOT honored and respected** with the entire group to do so.

STEP 3: Invite anyone who would like to **share a story about when their dignity WAS honored and respected** with the entire group to do so.

6. CLOSING + THANKS / 5 MINS.

STEP 1: Thank everyone for participating and for sharing their personal stories.

STEP 2: As they prepare to leave, ask participants to think about **one way they can bring more dignity** to their school, classroom, social media interactions, at home, in their sports team or in any place that is important to them this coming week.