

## 5 Aspects of Social Identity

### ACTIVITY:

Process of Identification  
and making conscious our identity

### Time Needed:

10-15 minute online or 20-55 minutes  
in person

### Materials Needed:

1 Handout or invite virtual participants to have a paper and pen/pencil available

### Group Size:

Individual to Large Group

**Space Needed:**  
Work in small groups, pairs, or individually online

### Participant Preparation:

Review definitions of social identity and groups of membership.

### Facilitator Preparation:

Review Facilitation Notes

Review and select items to discuss

Make handout copies

### Activity Summary:

This is an exercise to help individuals think about and identify their social identity. The exercise uses a self-generated list of aspects about identity within the context of socially constructed groups.

### Goals of the Activity:

- To help participants think about the concept of social identity.
  - To provide a prompt for participants to list aspects of their own social identity.
  - To help participants understand that we all have multiple identities.

### Facilitation Notes:

**Share the definition:** Social identity is your identification with the context of socially constructed groups. Some examples of identification categories are: age, ethnicity, economic level, gender, nationality, language, sexual orientation, etc. There is one handout used for this exercise:

- Process of Identification sheet

### Process Steps:

- Distribute handout: Process of Identification (3-5 minutes)
  - Ask participants to list five aspects of their social identity.
    - Participants are not limited to the sample identification categories on the handout.
- Pose the set of discussion questions: (5-10 minutes)
  - *Reflect for a moment on what it was like to “choose” aspects of your identity.*
    - *How did you feel making the choice?*
    - *Did you have a difficult time coming up with five?*
    - *Did you have a hard time stopping at five?*
    - Engage the group in discussion about these questions. Invite 3-4 volunteers to share or have people discuss in small groups, or virtually come off mute and share in the chat.

### Options/Variations:

- Participants can complete the Process of Identification sheet as pre-work and then engage in the group discussion face-to-face.

**Tips:** Identity facilitations can be difficult. Keep in mind that the goal is inclusion and not division. Be careful to make participants feel that they are in a safe environment and that no identity is judged as better or worse than another.