



# You, me and everyone

Raising awareness of  
discrimination











# Being Excluded

Most would not participate if they felt excluded

Feelings and behaviours when people feel excluded tend to be more negative

People remember times when they felt different because it is easier to recall negative experiences



# Being Included



- Feelings and behaviours when people feel included tend to be positive.
- People who feel included participate more and are more likely to take on a leadership role.



# Final Thought

- It is important you think about your own behaviour:
  - Are you treating someone unfairly? Why?
  - What are the consequences of your actions?
  - How are you making them feel?
  - Is there a better way that you can act so you aren't discriminating?