

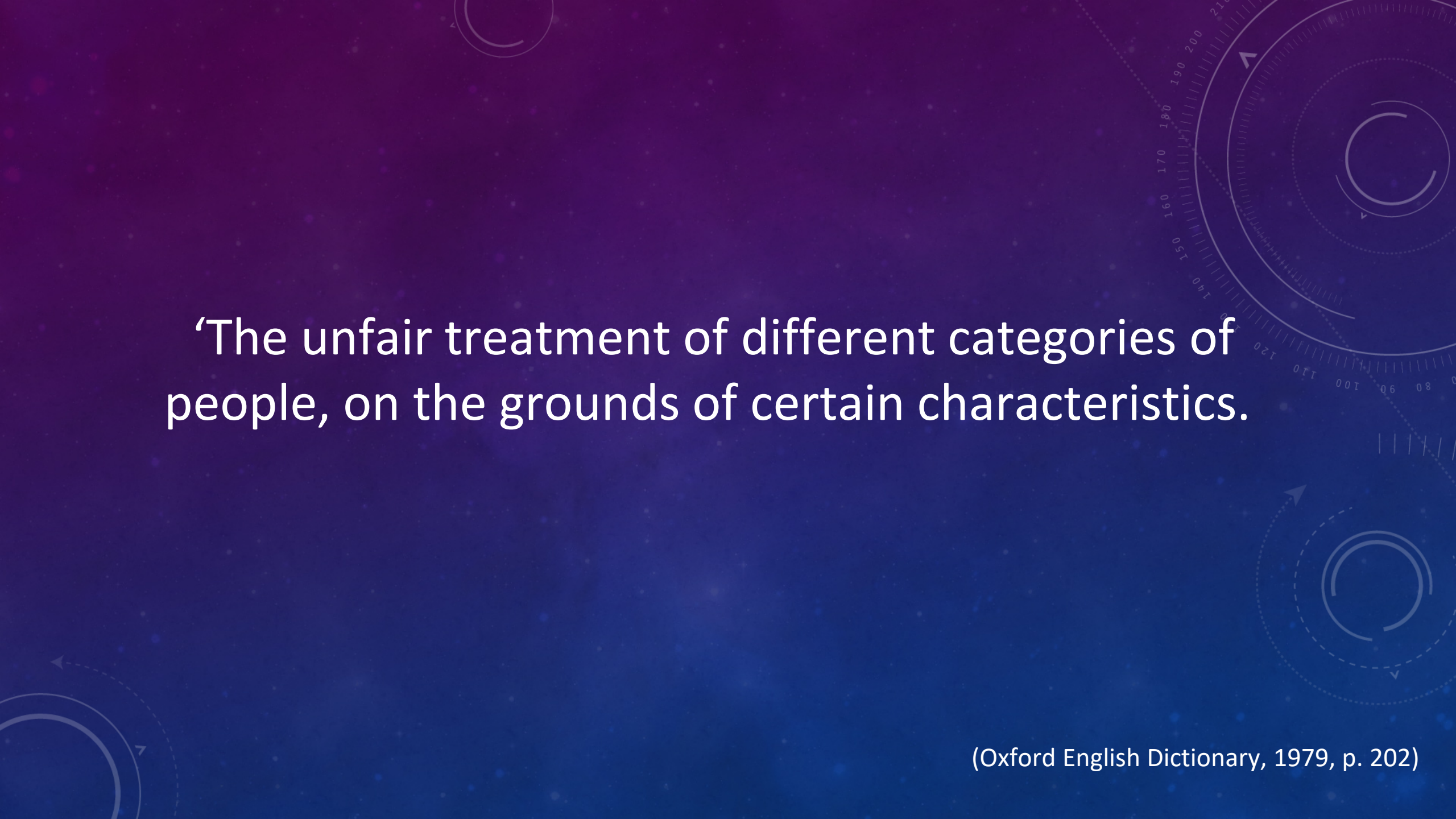
The background is a gradient of dark blue and purple, speckled with small white dots. On the left side, there are several concentric circles and a large circular scale with degree markings from 140 to 260. Some of the circles have arrows indicating a clockwise direction.

VALUES, BELIEFS AND BEHAVIOURS

PERSONAL DEVELOPMENT

RACHEL WALTERS-JONES

ECHC4003



‘The unfair treatment of different categories of people, on the grounds of certain characteristics.

(Oxford English Dictionary, 1979, p. 202)

DISCRIMINATION

- Gender
- Age
- Parents
- Under-educated
- Poor
- Liberal/Views
- Appearance
- Intelligence (or lack there-of)
- Rough sleeper
- Same sex relationship
- Having dreads

SETTING THE SCENE



MY EXPERIENCE

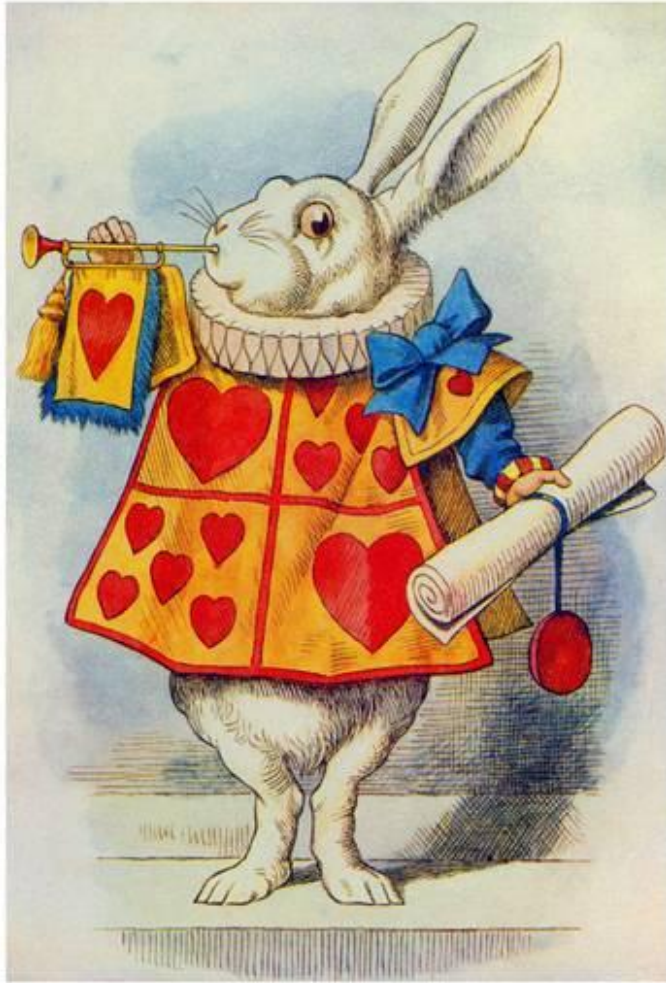


THE RABBIT HOLE...

- Confused
- Fearful
- Paranoid
- Angry
- Attacked
- Upset



(Aliang Studio, 2006)



(Aliang Studio, 2006)

...DEEPER DOWN

- Low economical capital
- Government doesn't care about the people
- High levels of pollution
- Understandably seen as privileged
- Addressing my ego

LESSON 1 – UNDERSTANDING

- Gives clarity
- Reminds me its not personal
- Deeper-rooted issues
- Empathy
- Something learnt, not learnt, experienced or belonging
- Keep up with my awareness.

LESSON 2 – CHALLENGING

- Creating awareness
- Being brave, being honest
- Challenging discrimination is important
- Follow the formula – Understand, challenge

LESSONS IN ACTION

- Working progress
- Problem one - Shoot first, ask later
- Take the time to understand – this probably isn't personal
- If I can achieve it, then my challenge will come from a place of love
- Problem two – A difficulty in understanding
- Aimed at me? I still have to try and see the bigger picture
- Aggression as an avenue for challenging discrimination is not the only one

To Conclude



THANKS VERY MUCH

Any Questions?

REFERENCE LIST

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