

## Useful Versus Harmful

### Goal:

Explore how roles, expectations, and stereotypes impact relationships.

### Directions:

Create a chart with “Useful” on one side and “Harmful” on the other.

Record the students’ ideas:

- List the ways roles, expectations, and stereotypes can be useful.
- List the ways roles, expectations, and stereotypes can be harmful.

Supplement the students’ ideas with the points below as needed.

Useful	Harmful
<ul style="list-style-type: none"> <li>• Roles help tasks get done.</li> <li>• Roles can allow people to use their talents.</li> </ul>	<ul style="list-style-type: none"> <li>• Roles can be forced on people who don’t want them.</li> <li>• Roles can be assigned based on appearance instead of ability.</li> <li>• Roles can be taken for granted and not appreciated.</li> </ul>
<ul style="list-style-type: none"> <li>• Expectations can tell people how to behave to get along with others.</li> <li>• Expectations can help people reach goals and accomplishments.</li> </ul>	<ul style="list-style-type: none"> <li>• Expectations can be confusing if they are not talked about and agreed upon.</li> <li>• Expectations can be too high or too low.</li> <li>• Expectations can be the cause of great disappointment or anger if they aren’t met.</li> </ul>
<ul style="list-style-type: none"> <li>• Stereotypes can help the brain sort and categorize things and detect patterns.</li> <li>• Stereotypes can help people make decisions as long as they remember that stereotypes are not universally true.</li> </ul>	<ul style="list-style-type: none"> <li>• Stereotypes can unfairly judge people.</li> <li>• Stereotypes can prevent people from truly getting to know each other.</li> <li>• Stereotypes can limit people’s options and interests.</li> <li>• Stereotypes can turn people into objects instead of unique individuals.</li> </ul>