

FAST FACTS



5-25
People



30
Minutes



\$0



Low Risk
Level

Tapped Into Awareness

Adapted from the University of Arizona Blue Chip Program & the Bonner Foundation

Purpose of Activity: This activity allows participants to explore the concept of socialization.

Objectives/Learning Outcomes:

By actively participating in this activity, participants will:

- Understand how rules and norms affect behavior of a group
- Make parallels between the activity and the way people are socialized in society
- Leave the program thinking critically about the messages they receive in society

Materials Needed:

- Open space – large enough for everyone to be in a circle with their arms outstretched

Ground Rules:

- Be fully present and participate at your own comfort level – challenge by choice.
 - Follow up - What does it mean to be “fully present”?
 - Follow up - What does “challenge by choice” mean?
- Push yourself outside of your comfort zone – the most learning happens when we are a little bit uncomfortable.
- Listen respectfully, share air time, and encourage others to participate.
- It’s ok for us all to be at different places with the things we discuss today.
- Show respect for one another’s beliefs, values, and experiences.
- Respect and maintain privacy.

Disclaimer:

- Another way to do this activity is to have everyone crouch on the balls of their feet (but they cannot sit on their heels – they must squat). Do what is best based on the mobility of the participants, and they space of the room you have.
- Only do this activity as long as participants can physically stand it. Do not for someone to continue to have their arms raised if they are in extreme discomfort (ie, tears).
 - Note – The participants WILL be uncomfortable and their muscles will be burning. That is part of the activity.

Facilitation Guide:

- Have the participants get into a circle. It should be large enough for their arms to be outstretched.
- Stress that during the exercise their eyes must be kept shut and they must remain silent.

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- Ask the participants to extend their arms out straight to their sides. They need to keep their arms outstretched for the remainder of the activity, they cannot drop their arms.
- Read the rules clearly. If someone is cheating...read the rules loudly in their face. Don't enforce the rules, though (ie. force their arms up).
 - Rule #1: Don't cheat
 - Rule #2: If you are tapped once, say "Rule #1, Don't Cheat," out loud to the rest of the group.
 - Rule #3: If you are tapped twice in a row, open your eyes.
 - Rule #4: If you are tapped three times in a row, you can do whatever you want.
- NOTE: Tapping should be consecutive (1, 2, 3, tap). If the participant is tapped once three different times, it does not count as three taps.
- After you repeat the rules several times, start tapping one or two people once.
- After people start to struggle, slowly start tapping a few people two, then three times.
- It should take at least 5 minutes before you tap people three times.
- Tap about half of the group three times...then wait to see if they try to rescue the others...if not, end the activity.

Discussion Questions:

- Who was tapped once? What was the effect of repeating the rules?
- Who was tapped twice? Were you comfortable even though your eyes were open?
- Who was tapped 3 times? What did you do? Why? What could you have done? What kept you from doing it?
- Who has the power in this exercise? How do you define power? Why? Who gave me the power? Who else has power?
- What did DON'T CHEAT mean? Who make rules? Think about rules in terms of laws and norms. Who has the power to change rules in the society? Did anyone question the rules of the exercise? Why not?
 - POINT OUT: After you've been tapped 3 times, you could tap others 3 times without cheating...and rescue others without changing the laws of this oppressive situation
- What did REPEAT THE RULES mean?
 - POINT OUT: Think about how we are socialized into the status quo and into blind acceptance.
- What did DO WHATEVER YOU WANT mean? Who in society is usually tapped 3 times? How can we as citizens take advantage of our own personal power to tap other people 3 times?
 - POINT OUT: This activity is designed to highlight the rules we live by and to make participants more sensitive to assumptions they make



RESIDENCE
LIFE

Social Justice

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about the 'right way to do things', who creates those 'right ways,' and how society falls into that system.

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