

Topic: Cultural Adjustment
RSC Latin America (IOM)

Activity: Considering Color and Discrimination

Notes to the Trainer

Refugees fear that Americans will discriminate them against for being different, for not speaking English, for their belief system, and/or for many other potential factors. Developed in response to feedback from recently resettled refugees, this activity aims to reduce or eliminate resettling refugees' fear of discrimination.

This activity addresses diversity and multiculturalism within the United States, using colorful candy as an analogy to compare the perception of color with racism and discrimination. While this activity may vary depending on the group, the main objective is to show that we are all the same on the inside.

We recommend this activity be done after "Who is an American," so that refugee participants are aware of the diversity of the U.S. population.

Lesson Time

5-10 minutes

Materials

☐ Large bag of M&M's

Procedure

- Ask the participants to pick 3 M&Ms
- Discuss:
 - Why did or did not you choose the color brown out of the M&Ms?
 - Why do you think there are so many different colors in one bag? Why not buy them in separate colors?
 - Ask the participants to bite into one M&M and compare it with the classmates. Is it the same?
 - Now bite all your M&Ms in half and compare them. Are they any different?
 - How can you compare the M&Ms with the U.S. population?
 - Do you think people will choose you by color as you did with the M&Ms? Or will they choose you for who you are?

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