



'LET ME BE MYSELF'

Stories from today's young people

CARDS FOR GUIDES

contemporary section



Panel 21 – Let me be myself' – stories from today's young people

This is an introduction to the actual exhibition. You can use it to connect the past to the present.

👉 Read out the quote on the panel.

- Anne Frank never grew older than 15 years of age.
- She could not 'be herself' because of the times she lived in. She was murdered for being Jewish.
- We live in different times now. Yet some people are still discriminated against.
- On the next panels you will see personal stories told by young people today. They talk about who they are, what matters to them, and how they sometimes face prejudice and discrimination.

QUESTIONS:

Who has read Anne Frank's diary?

What does the phrase 'let me be myself' mean to you?

Why are there no pictures of Anne from 1943 or 1944?

👁️ There are no pictures of Anne after May 1942. May 1943 and 1944 are empty. By that time, Anne Frank had gone into hiding and had become invisible.



Panel 22 – I am...

This panel is about your personal identity: your self-image. Two young people are introduced: Büsra and Jim.

👉 Pick Büsra or Jim and read out their quotes in preparation.

- Your identity is composed of many elements. You yourself will feel that some elements 'are part of you'.
- There are also elements you are born with.
- You grow older and over time, your friends and your hobbies change.

👁️ Here are some selfies made by Büsra and Jim. They illustrate how they see themselves.



Panel 23– You are ...!

This panel is about your personal identity: the way others look at you.

👉 Watch the 'Identity' film.

Note: the film shows Büsra and Jim texting with family and friends. You get to read different descriptions of both characters. The description by a father or a mother differs from the description from a friend or someone you don't know.

The purpose of the film is to show that the way you describe someone depends on the relationship you have with them.

- Your identity is influenced by what others think of you.
- If you see someone for the first time, you tend to think that you know what they are like. That is the 'fast judgement'.

👁️ In these pictures, Büsra and Jim have been tagged by others. The view of others plays a role in the way you might describe them.



Panel 24 – I belong to...

This panel is about group identity: the groups you feel you belong to.

👉 Pick Kim or Michiel and read out their quotes in preparation.

- You belong to many different groups. Some of your own choosing, others are determined at birth, such as your native country or the colour of your skin.
- Some may be important to you; others may not seem worth mentioning.

QUESTIONS:

Which groups do you belong to? Pick one group that you are part of by birth and one that you have chosen yourself. For instance: 'I was born in the Netherlands and therefore I belong with the Dutch; I play football with a club and therefore I am a football player.'

👁️ The word webs of Michiel and Kim that can be read on the panels, show that they belong to many groups. The groups they value highly are printed large, the groups that are less important to them, are in smaller print.



Panel 25 – You belong to...

This panel is about group identity: the groups others feel you are a part of.

👉 Watch the 'Diversity' film

Note: In this short film, you will see four young people. Michiel and Kim were introduced in the panel. Dylan and Batja are new. They talk about who they are and how they can be themselves. And then there is the way others categorise them, emphasising just one aspect of their identity. They talk about the prejudice they have to deal with.

Michiel → Foreigners Kim → Disabled people Batja → Jews Dylan → Gays

- It is not hard for others to quickly determine the groups you might be part of. This happens automatically.
- This may not be an important group to you, though.

QUESTIONS:

Which prejudices are there about the groups in the film?
Jews – disabled people – gays – foreigners?

👁️ The word web changes: only one word is left. The focus is on only one aspect of someone's identity or appearance, even though there is so much more to them. (Refer back to panel 21: many selfies/ many identities.)



Panel 26 – Spit on and excluded

This panel deals with prejudice and discrimination. With the pigeon hole others put you in. And the victim you have become against your wishes.

👉 Read the quotes in preparation and tell the group about the person you have chosen

- Others stick negative labels on the group you belong to.
- They may keep these labels to themselves or express them.
- If someone is treated differently because of prejudices, this can be discriminatory.
- It is a fine line between prejudice and discrimination.

QUESTIONS:

What is prejudice? What is discrimination? What is the difference?

👁️ Michiel, Kim, Batja and Dylan are 'stuck' in specific pigeon holes. They were put there because of one aspect of their identity, which keeps them from being themselves. They are discriminated against for who they are.



Panel 27 – Dealing with...

This panel is about dealing with prejudice and discrimination.

👉 Read out the quotes from all the characters.

- Dealing with prejudice and discrimination is hard. It really hurts the person involved.

👁️ Michiel, Kim, Batja and Dylan have risen above their pigeon hole/ the way they are treated. Not letting it get to you is the first lesson. Even so, it would help if people learned to treat others better and to take their feelings into account...



Panel 28 – How about you?

This panel is about what you can do when you notice prejudice in yourself or in others. And what should you do if people around you are discriminated against?

- 👉 Invite the group to read all of the characters' quotes and to pick the one they agree with the most.
- What can you do if you notice that you are prejudiced?
- What can you do if you notice discrimination around you?

QUESTIONS:

Are you always able to be yourself?

👁️ In this last picture, Michiel, Kim, Batja, Dylan, Jim and Büsra are photographed as a group, together. They radiate positivity and refuse to be victims. They want to present a positive example of how everyone should be given the opportunity to be themselves.



👁️ Tip 1:

Looking at the pictures on panels 21 to 25, you will see that they gradually become more one-dimensional. The 'fast judgement' results in a limited view of others.

👁️ Tip 2:

Every topic consists of two parts (panels). Part (panel) 1 is about how you feel about yourself. Part (panel) 2 adds others. And how they look at you. No matter how we think and feel about ourselves, we are all part of society, and the way others look at us partly determines who we are as well.

