



SUPPORTING THE INTEGRATION OF MIGRANT WOMEN, REFUGEES AND ASYLUM SEEKERS

simra

EUROPEAN COMMISSION DIRECTORATE- GENERAL FOR MIGRATION AND HOME AFFAIRS
MIGRATION AND SECURITY FUNDS UNION ACTIONS



Annex 2 - Double Helix “Understanding the past to create the future”

Bouble Helix exercise “Understanding the past to create the future”!

Exercise:

A particularly useful way of using this exercise is to explore your own legacies around prejudice and discrimination.

Plot 5 events that have contributed to your legacies (i.e. beliefs and behaviours) around prejudice and discrimination in relation to women & girls.

Write the stories that underlie these events

What patterns/themes do you notice?

Discuss these with a trusted colleague.

Make a note of any realisations and reflect on how you intend to apply these to your professional behaviour.

When a group of you and your colleagues have completed this exercise, analyse an incident in your institution that has prejudice/discrimination as a component. How has your developing awareness changed your perception of the incident and the desired response?