

**TOOL**

# BOX



Social link creators !

**WE ALL HAVE prejudices**

**WHY NOT treat it ?**

## Approach

We allow users from all backgrounds to identify their prejudices, to better transcend it.

Our recreational tools and events help organisations and you as citizen, to effectively, to fight against all forms of discrimination by waking up your creative spirit.

Our approach is based on four points :

- > **Identification of our own prejudices and those of others**
- > **Work on the immediate reaction**
- > **Taking a step back, in-depth reflection**
- > **Creation of innovative tools based on the work done.**

Target groups :

- Young people, teachers and staff in schools, secondary schools, high schools and training centres,
- Managers and employees in companies,
- Associations and institutions that would like to use « Prejugix » in their own awareness-raising activities.

## Summary

- > **PRÉJUGIX 200MG AND 400MG**
- > **PRÉJUGIX PARTY - THE EDUCATIONAL TOOL**
- > **« PACKING PRECONCEIVED IDEAS IN BOXES » WORKSHOPS**
- > **PRÉJUGIX AMBASSADORS TRAINING COURSE**
- > **CREATE YOUR OWN BOX !**
- > **BROADCAST/ DEBATE ON THE DOCUMENTARY « PRECONCEIVED IDEAS, THAT'S CRAZY ! »**
- > **« ZONE ANTI-PRÉJUGÉS », ANTI PRECONCEIVED IDEAS AREA**
- > **ESCAPE GAME**
- > **CONTACTS**

# Préjugix 200 mg and 400 mg

O.S L'association imagined, created and distributed the first anti preconceived ideas medicine called Préjugix, available in complementary versions : the 200mg (local scale) and the 400mg (regional scale). We use this tool during several interventions : **workshops for « packing preconceived ideas in boxes »**, « Préjugix Parties », « Create your own box », « The Investigation » (an escape game), as well as when answering to numerous requests for which we customize the interventions.



## The process of Préjugix .....

The approach is first and foremost co-construction !

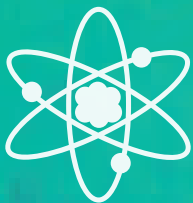
Associations, groups and institutions representing people who are the subject of preconceived ideas on a daily basis have been contacted. They were able to communicate their reactions and expertise in the form of testimonies, gathered and formatted in one box. Their testimonies are based on 3 questions :

**WE ALL HAVE prejudices**

- What words and attitudes do you get to hear ?
- What are your reactions ?
- What message do you want to communicate ?

**WHY NOT treat it ?**

Our artistic approach of the preconceived ideas issue allowed us to create links between the different actors of social life that rarely have occasions to be in contact.



### Active ingredients

The plurality of the subjects addressed allows the person using it to widen their field of vision by **confronting them with a variety of testimonies**. It can even help them to **identify their own preconceived ideas**. With its innovative form, both artistic and educational, Préjugix® makes it easier to **address subjects that are sometimes difficult to talk about in our society**.

### Inside

#### 200mg

#### 400mg

The thematic sheets were written by « specialists », associations and institutions representing people who are the subject victims of preconceived ideas on a daily basis.

The different thematic sheets were written in each department of the Nouvelle-Aquitaine region.

In this box, you'll discover both their reactions and expertise in the form of texts formatted by O.S l'association.

The boxes were put together during **« packing preconceived ideas » workshops**, organized throughout the regional territory by a network of volunteers.

A simultaneous distribution was organized on December 14th 2019, on the 12 departments of the region in downtown areas and pharmacies of partner agglomerations and municipalities.

#### Themes addressed :

- Physical disability,
- Mental disability,
- Depression,
- Mental illnesses,
- Seniors,
- Young people,
- Domestic violence,
- Homosexuality,
- Career change.

#### Themes addressed :

- Alcoholism, Looks, Autism,
- The unemployed, Prisoners,
- Sustainable development,
- Girls/Boys, Gamers,
- Disabled parents, Neighbourhoods,
- Rural areas, Schizophrenia,
- HIV Positive individuals,
- 2.0 Sexualities,
- Sportsperson, Suicide.



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# Préjugix party - The educational tool

« Préjugix parties » are interactive meetings about preconceived idea awareness, followed by interactive artistic creation workshops based on « the tool Préjugix » 200mg or 400mg.

## Details of the service .....

### Stage 1 - Presentation and awareness

- Presentation of the association's process and definition of preconceived ideas.
- Airing the historical movie

### Stage 2 - Packing preconceived ideas in boxes workshops

- Reading the instruction notice and thematic sheets
- Putting the boxes together, one per person
- Discussions based on the thematic sheets.



### Stage 3 - Interactive workshops

#### Step 1 : OBSERVATION

On a paper board sheet, each group of participants writes preconceived ideas, in the form of words or sentences they wish to call out because they've witnessed people being victims of it or have been victims of it themselves.

This workshop makes it possible to identify your preconceived ideas and other people's preconceived ideas. At the end of the workshop, we ask each participant to remember one of the preconceived ideas written on the board, since we will be using it during the last stage.

#### Step 2 : REACTION

Debrief about the posters that were created. From these posters, we choose a workshop according to the intervention, so that we can start the stage of reactions. We use **different tools** : «**3 cards game**» (collecting immediate reactions from the preconceived ideas that were written earlier), **improvisation game and a moving debate** (debate in which you actually need to stand up, and move according to your opinion)

#### Step 3 : MESSAGE

- Writing of a personal sheet by each participant (A4 recto or A5 recto-verso).
- Sharing the content written by the participants.

In order to answer to the preconceived idea selected during the 1st phase, each participant is invited to share their expertise (testimony, arguments and experience) by writing a personal sheet. The content written is then shared with the other participants.

### Stage 4 - Use

Broadcast of the « instructions » movie, which gathers examples of different ways in which Préjugix has been used.

### Stage 5 - Feedback on the experience

It's a time in which we gather every participant together in order for every one of them to express how they feel after the experience. It's also a moment in which we can discuss and answer questions, but also in which we can advise participants on how to use Préjugix autonomously.

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## "Packing preconceived ideas in boxes" workshops

- Providing packages of flat folded boxes to put them together.
- Discovering Préjugix 200mg and 400mg boxes.

This « **packing preconceived ideas** » workshops allows participants to discover and have discussions based on the content of the Préjugix boxes and the thematic sheets inside of it. Each participant will put their own box together.

During the workshops, we ask the participants to watch tool videos created by O.S L'association (history of the association, presentation of the process, tutorial for assembling the boxes, testimonies from the people who wrote the thematic sheets but also people using them...).

The participants can also write their own thematic sheet (individually or in groups) if they wish to, or create an « **anti preconceived ideas wall** » .



## Préjugix ambassador training course

The goal of the « **Préjugix ambassador training course** » is to make the participants able to use Préjugix on their own.

This course is destined to our volunteers, our collaborators and every professional or association who would want to make Préjugix their own tool to then use it in their network.

During this course (at least 3 hours long), we experience test ou experiment together a « Préjugix Party ». Then, we dedicate a moment to discuss together on the different tools and animation techniques that can be used.

Because every training course is unique, we take time to find together what is the best way for you to use Préjugix, according to your goals and resources.

At the end of the training course, we share our tools and animation techniques to the participants, by giving them a USB key with several files on it : **our animation process, tool videos, the presentation file** (that has to be projected on a screen), **animation supports and grading tools** (an attendance sheet and «training tracking sheet»).

Moreover, the storage capacity of the USB keys is enough to allow you to add your own supports on it, and then adapt your activities to fit your needs.

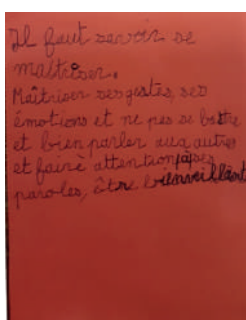


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## Create your own box !

In Brittany (Questembert), a fifth grade class, motivated by their teacher, created a collection a customized boxes. This collection involved an entire educational project, by making the pupils use geometry, french, moral and civic education, graphic arts and performing arts to create their boxes.



Interested in this idea, we decided to borrow it to develop our own version of the activity: a cultural itinerary, put in place in an elementary school of Villeneuve-sur-Lot for the first time in 2018.

## Broadcast / Debate on the documentary Preconceived ideas. That's crazy!



In the field of mental health, (disorders/ mental illnesses and mental disabilities), we created a movie called "**Preconceived ideas, that's crazy !**" (30 minutes long), from which we organize **broad-casting/debate sessions**.

It gathers and links together testimonies from different actors of mental health (health caregivers, patients, families, high schools, work environments, care facilities) which answer to the preconceived ideas about it.



Created by O.S L'association and directed by Fabien Margnac (professional director), in partnership with the CHD La Candélie (Departmental Hospital Center), the ALGEEI, SOLINCITE, UNAFAM (National Union of Family or Friends of Mentally Ill or Disabled persons) and the pedagogical integration unit ULIS of the polyvalent high school of Villeneuve-sur-Lot, L.Couffignal.

Every time the movie is aired, it's followed by a public debate organized with local representatives of the structures participants got to discover on the documentary. The idea was to create a link between the general public and structures and the professionals working on the field.

Trailer: <https://youtu.be/QdkhxaqRDqU>

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## ZAP "Zone Anti-Préjugés" Anti Preconceived Ideas Area



Destined to middle and high school students, the **ZAP, «Zone Anti-Préjugés»** (Anti Preconceived Ideas Area) is a **circular area made up of 8 doors that are connected to each other**. Once customized in collaboration with an expert association for each of the addressed theme, the ZAP becomes the tool for awareness. The co-creators of the ZAP will be the guides of this awareness process for their peers, during organized visits.

This tool has been co-constructed in collaboration with the Nouvelle-Aquitaine RADSI (Associative Network for International Development and Solidarity) and geared to be portable in order to be later on placed in other educational institutions (middle and high schools).



## Escape game

### Concept

It's an escape game in which the participants have to find clues hidden all over the room, and combine them to be able to solve the enigma. The aim goal of the game is to get out of the room, but to do so, the participants need to pass a test requiring them to use their analysis skills. An activity leader will also interact with the participants throughout the game.



### Game process

You will first enter a universe in which everything will make you want to trust appearances (and preconceived ideas) in order to solve an enigma with your group. Throughout the game, you will have to analyze evidence, step back and use your critical mind... how will you see things beyond what they look like and uncover the truth? It's up to you!

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## Contacts

You can discover our tools and events by downloading the file attached!  
Don't hesitate to contact us at [contact@prejugix.com](mailto:contact@prejugix.com)  
We're also available on Facebook and Youtube, at « O.S L'association »



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