

**Introduction**

This exercise should be used in conjunction with the ‘Why did I experience discrimination’ or ‘Employment Discussion Scenarios’ exercises also on the Equality Commission’s website.

When a person experiences discrimination it can have an effect far beyond the particular act. This exercise gives pupils an opportunity to consider some of these effects and to explore others people’s emotions, helping to develop pupils as individuals.

**Task**

Give pupils an opportunity to complete the following grid individually or in small groups

Allow enough time for discussion of each effect as a class.



When a person experiences discrimination it can have an effect far beyond the particular act. On the following grid write down some of the effects that you think discrimination can have on an individual.

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| **Social Effects** | **Emotional Effects** | **Psychological Effects** | **Physical Effects** |
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