

Embrace Program Guide

Visit us @ <https://projects.etc.cmu.edu/embrace/>

TIME	AUDIENCE	GROUPS
15-20 min experience + flexible discussion	Anyone 12+ interested in cultural humility	5-500 people, like a class or work team

OVERVIEW & OBJECTIVES

Embrace is a group experience meant to teach the concept of cultural humility in a way that is introductory, interactive, and fun! The experience is designed to run in a large group setting, with a facilitator guided by the host program, ideally visible to all on a big screen, and participants using their own mobile devices to interact anonymously. Facilitators are welcome to participate as well with their own mobile devices if they wish.

By the end of the program, participants will be able to:

- Identify attributes of their own cultural identity and rank their personal importance
- Share pieces of their identity with others as they feel comfortable
- Learn about others' cultural identities while respecting others' boundaries

MATERIALS

Facilitators should have ...

- Program guide
- Central display
- Host program
- (For larger groups) Host server

Participants should have ...

- Mobile device
 - QR code scanning
 - Web browser, preferably Safari or Chrome

OUTLINE

- I. Program Intro (2 minutes)

A. Title Screen + Introduction

Introduce everyone involved with running the activity with their names and credentials relative to the audience.

B. Overview

Embrace is a product developed as a project by students in the Entertainment Technology Center within Carnegie Mellon University. For more information about the developers and the development process, visit <https://projects.etc.cmu.edu/embrace/>

C. Key Terms

Culture and identity are terms that many people may be familiar with, but may have different nuanced meanings in different groups. In the Embrace program, we define key terms as such:

1. Culture - A comprehensive concept that encompasses the norms, values, customs, traditions, habits, skills, knowledge, beliefs, and the whole way of life of a group of people. Cultures can be small or large and can continuously evolve.
2. Cultural Identity - Identification with or the sense of belonging to a particular group based on various cultural categories, including nationality, ethnicity, race, gender, and religion. Identity is complex and multifaceted, and your identity may change over time.
3. Cultural Humility - A lifelong process of challenging assumptions and exploring how every culture can teach us about ourselves, others, and the global community as a whole.

D. QR Code

Invite participants to pull out their own mobile devices and scan the QR code to participate. If there is no QR code shown or the QR code does not work, see the Set-Up section. Facilitator can bring the QR code back up as needed using the “QR” button on the host program.

Participants will be greeted by a title screen where they can enter a nickname for how they wish to be addressed throughout the program. Nicknames are not visible to the facilitator or other participants.

II. Build a Wheel (4 minutes)

A. Survey Questions

There are many cultures in the world and many attributes associated with culture. Rather than try to list everything applicable, we will focus on 6 attributes: Music, Food, Hobbies, Finances, Home, and Ethnicity.

Participants should follow the prompts on their mobile devices to answer the brief questions to start exploring attributes of their own cultural identity.

B. Rank Importance

Cultural identity is not fixed. We are multifaceted and complex, and we will often move between cultures without even thinking about it.

Therefore, it is understandably challenging to rank what is important to you at any given time.

After they have completed the questions, participants will be prompted to rate each attribute on a scale of 1 (Least Important) to 5 (Most Important).

C. Wheel

Embrace uses culture wheels to symbolize cultural identity. Each wheel shows attributes and their relative importance for a person based on their previous responses. Participants are welcome to share their wheels with others nearby if they are comfortable!

III. Lobby (2 minutes)

A. Controls

Participants will be shown user controls for the upcoming activities.

Participants can bring the controls back up as needed using the “?” button on their devices.

B. Exploration

Every person has their own cultural identity, shown in part today by their wheels. Let’s use this space to explore our community’s cultural identities by moving around the room and interacting with each other.

Check that participants have reached the lobby before moving on. Invite participants to move around and interact with the world by encouraging the group to form a circle using the background image!

IV. Search Mini-game (3 minutes)

A. Overview

Sometimes, you may be searching for someone with a specific identity. Let's practice engaging with others' identities in the next activity.

Participants will be assigned a specific identity to look for within their groups. If they find and tap someone with the given identity, they get a point and a new assignment. If they tap someone that does not fit their assignment, they will be temporarily frozen. If they cannot find someone with the given identity, the assignment will refresh after a certain time.

This activity has participants split into small groups on their devices. Participants will try to get as many points as possible. The progress wheel on the host program shows the collective group points. Give participants a few minutes to complete the activity before moving on.

V. Conclusion (3 minutes)

A. Wrap-Up Reports

The big screen shows word clouds compiling the responses from all the participants from each of the attributes. Some identities may be more common than others, but they all come together to shape the larger community.

Facilitators should call out the interesting identities they see. Invite participants to clap or raise their hands if they share an identity to show how the words on screen translate into the real people in the room.

Participants will be shown their own custom reports as well on their devices. Invite participants to read through their results to learn more about how the identities they have relate to others in the group.

B. Summary + Reflection

To wrap up, let's review what we did and reflect on how culture, cultural identity, and cultural humility play a role in our everyday lives.

1. Survey

In the survey activity, participants were asked to answer a series of questions about six attributes of their lives.

The questions asked were simple, but let's consider how a person's history can affect their answers and how the different attributes can intersect and combine. Attributes like ethnicity are not things a person necessarily has a choice in, but they can still be important factors in their life.

2. Importance

In the importance activity, participants were asked to rate how present the attributes were in their lives right now.

It can be difficult to evaluate what is most present at any given moment, so let's consider how one person's decision process may differ from others'. For some people, their present lives are more defined by things they can choose, like music or hobbies, and how those interests influence their passions and their future. For others, their present lives are more defined by things that they cannot choose, like finances or ethnicity, and how to navigate those situations day-to-day.

3. Wheel

From the early activities, participants received a custom-built wheel showing a simplified visualization of their cultural identity.

It was fun to see all the wheels as player icons on the big screen, but let's consider how the visuals of the wheel relates to identity as a whole. Cultural identity goes much deeper than just the six attributes shown on the wheel. Just like you cannot know every detail of a person from their wheel, you cannot know every detail of a person's identity just by looking at them. When meeting a person for the first time, it's important to acknowledge what you don't know, and respect others' boundaries about what they choose to share.

4. Lobby + Search

Using their wheels, participants were brought together in a shared space to explore the cultural identities of the group.

It can be fun to roam around the map, but let's consider what it was like to learn about other cultural identities. As people come in contact with others in their community, sharing their identities can be a great way to see the diversity within a group. Notice how building a community isn't just being open to share parts of yourself, but also being open to learn about others as well.

C. Reflection Questions

Questions can either be used as a starting point for small group discussions or be given to participants as an exercise in self-reflection.

1. How do you think your favorite music, food, or hobbies would be different if you grew up in a different family or a different place?
2. Looking back on your own life, can you remember a time when one attribute was more or less present than it is now?
3. Are there parts of your cultural identity that you share readily? Are there parts you share only with friends? Are there parts you never share?
4. While exploring, did you connect with others based on shared attributes? Did others have any attributes that intrigued you?
5. What are some assumptions that you think people make about you when they meet you? Are these assumptions true?