

Introduction:

This lesson will challenge participants to think more deeply about scenarios that cause unintentional harm. They will first identify several situations where they have either experienced or caused unintentional harm. Then, they will place those scenarios on a Jamboard shared with several group members and reflect on how they felt and how they might have handled the situation differently.

Objectives:

As a result of this activity, participants will be able to:

1. Reflect on their feelings related to situations where they may have experienced or caused unintentional harm.
2. Develop strategies for preventing unintentional harm or better handling future situations where unintentional harm might occur.

Time:

1 hour

Group Size:

Small group

Materials:

Access to Zoom or other similar video conferencing platform and the [Unintentional Harm Jamboard](#).

Intercultural Development Continuum Stages:

- Minimization
- Acceptance

AAC&U Intercultural Knowledge and Competence Goals:

Cultural Self-Awareness:

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

Empathy

- To interpret intercultural experience from the perspectives of own and more than one worldview.
- To demonstrate ability to act in a supportive manner that recognizes the feelings of another cultural group.

Other Skills:

Emotional Resilience

Activity Instructions:

1. Begin by preparing the [Unintentional Harm Jamboard](#) for your participants. The version available in Links is view only, so the facilitator will first need to make their own editable copy. In the top right corner, there is an icon with three vertical dots. Click that icon and then select "Make a copy." Rename the copied document to whatever is appropriate for the context. Click OK.
2. You will then be directed to the new document. To ensure that anyone with the link to this new Jamboard copy has editing privileges, select "Share" in the top-right corner. Click "Change to anyone with the link." A new window will pop up with a drop-down menu that says "Viewer." Click that menu and select "Editor."
3. For this activity, the facilitator will be dividing participants into small groups and placing them into breakout rooms over Zoom or another similar video conference platform. Before meeting with their participants, the facilitator should determine the number of groups and ensure that each group has their own frame to work with on the Jamboard. To duplicate the current frame, first select the square icon in the top middle of the page. Then, click the icon with the three vertical dots and select "Duplicate." Repeat this step until there are the correct number of frames.

Note: The facilitator may also want to label each frame with "Breakout Room [insert number]" so it's clear which frame each group is assigned to.

4. While everyone is together in the main room, explain the premise of the activity: "You will see that there are two categories placed on the Jamboard: 'Scenarios where you caused unintentional harm' and 'Scenarios where you experienced unintentional harm from someone else.' First, you should individually think of situations where you have either caused or experienced unintentional harm. Then, you should use the sticky note function (the fourth icon down in the left-hand toolbar) to place your situation under the appropriate category. Ideally, each group member will come up with at least one situation for each category."
5. After all group members have finished placing their sticky notes, they should reflect on these scenarios using the following questions:
 - What does it feel like to be the target of unintentional harm?
 - How do you feel about the person who unintentionally caused the harm?
 - What does it feel like to be the person who caused the harm and can't easily make it right?
 - What roles does intent play in smoothing over damage done? Does it matter if you're the receiver or causer of the harm?
 - How might you have handled the situation differently if you could do it over?
6. Then, once all groups have finished, everyone should return to the main meeting room, and the facilitator should debrief using the following questions:
 - How difficult was it to identify your scenarios?
 - What are some strategies you could use in the future to prevent causing unintentional harm?

Related Tools:

- [Addressing Microaggressions](#)