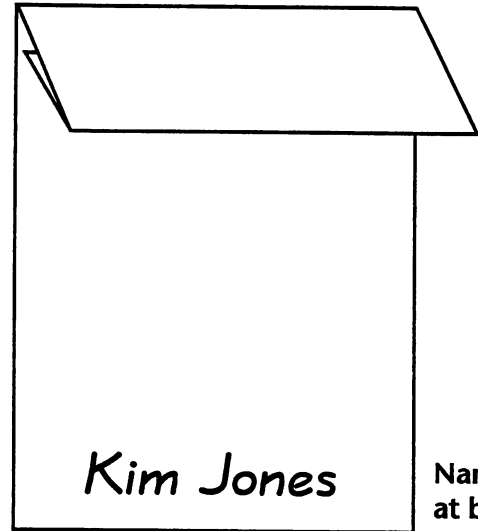


What Others Think of Me

This community-building exercise allows young people to affirm one another and to provide one another with constructive advice. This activity should be used with young people who know one another quite well.

Give each person a slip of paper, approximately three-by-eight inches. Have the young people write their name at the bottom and a one-word self-description at the top. Then have them fold the paper down from the top twice. The paper should look like this:

Top folded down twice
to conceal the word
written there



Name written
at bottom

Have the young people exchange their papers twice so that no one knows for sure who has whose paper. Direct each person to leave the paper folded and write immediately below the edge of the fold a one-word description of the person named at the bottom. Urge the young people to be honest, constructive, and helpful. (Tell them that if they do not know the person, they can leave the paper blank.) After they have written on the paper, have them fold it to conceal the word they wrote and exchange the papers again. Repeat the process until the papers are full of one-word descriptions of the person named at the bottom.

Finally, tell the group that when the papers are completed, they are to be returned to the person whose name is at the bottom. Give the young people a few minutes to look their papers over and to compare their self-image with how others think of them. Discussion can follow, with young people sharing their feelings about the exercise and what their response to it will be.