

Diversity – Understanding Ourselves

Bias (Filter)

Feelings we experience that are based on learned belief systems, values, morals and traditions we were raised with or exposed to.

Biases: are filters through which we see the world, create stereotypes, build barriers, are learned, obscure the truth, overlook qualifications and credentials, and are natural.

Stereotype

A stereotype occurs when we **apply** a bias we have against a person or a whole group of people.

Prejudice

Prejudice is **acting** upon the stereotype we hold. The degree of action can vary from a lack of consideration to a hate crime. Prejudice implies inferiority, leads to suspicion, and is detrimental to communication and interpersonal relations.

Anything learned can be unlearned.

