



DEAF
CULTURE,
HERITAGE AND
DIVERSITY

Deaf Studies workshop

Mental health and well-being

Development of Deaf Identity and Self-Esteem

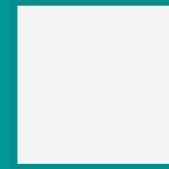


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Why Are We Here?



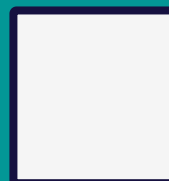
Explore Deaf Identity

Discover what it means to be Deaf



Boost Self-Esteem

Learn ways to feel good about yourself



Share Together

Move, create, and connect with others

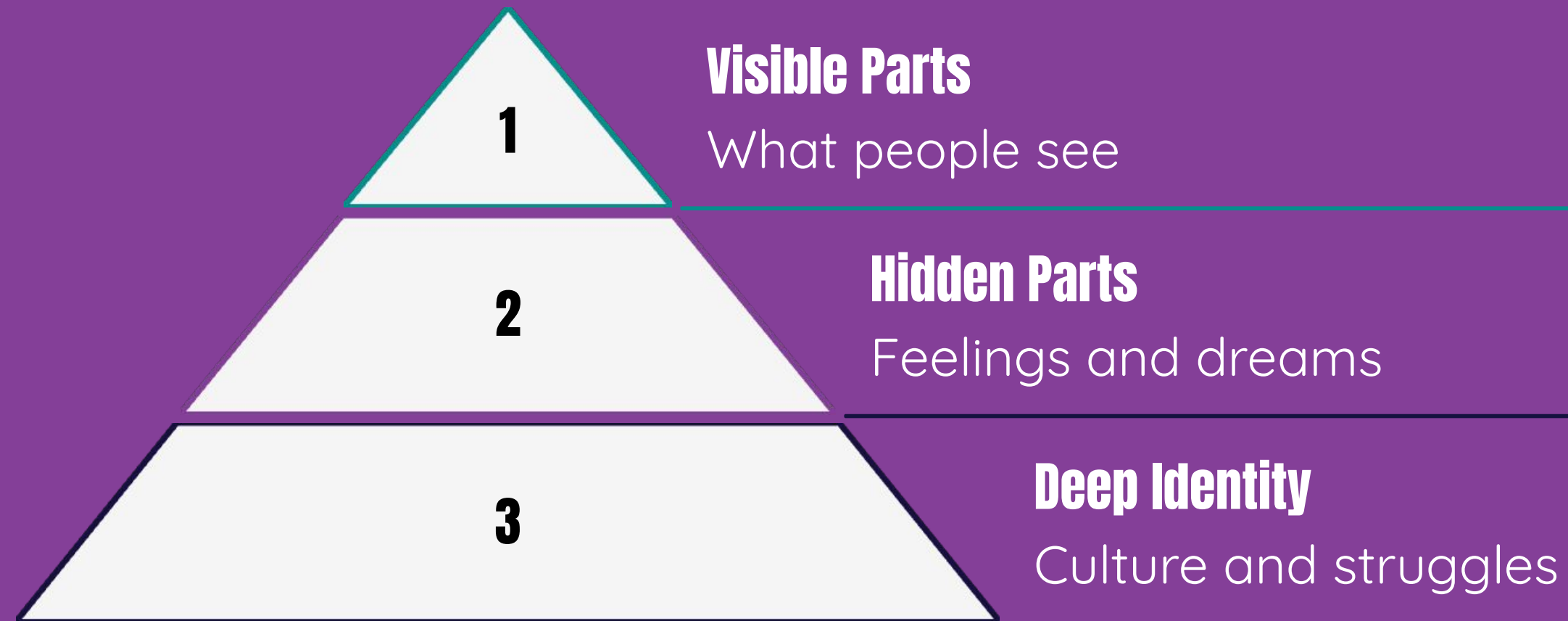


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What is Identity?



Everyone's iceberg is different!
Some identity parts are visible, many are "under the surface".



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My Identity Iceberg Activity



Above Water

Draw what people see about you

Below Water

Draw what's hidden inside

Get Creative

Use drawings, stickers, symbols

Share

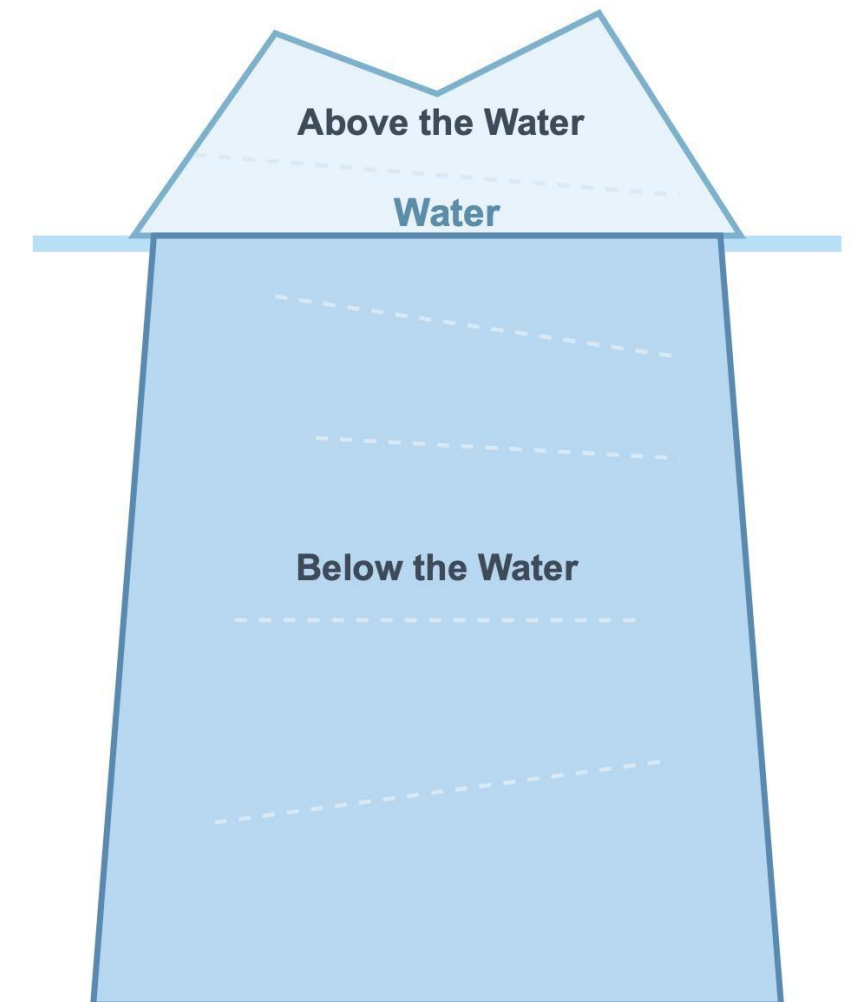
Tell a partner about your iceberg

Identity Iceberg

Instructions:

Draw, write, or use stickers inside the iceberg.

Above the water: Things about you that people can see easily.
Below the water: Deeper things about you that are not always visible.
(e.g. language, family, values, experiences, hobbies, dreams, feelings)



Ideas for Above the Water:

- How you communicate (sign language, speech)
- What you look like
- Behaviors, school, clothing

Ideas for Below the Water:

- Family, culture, identity



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Deaf Identity Discussion

What Does "Deaf" Mean?

Share your personal definition and experiences

How Have Feelings Changed?

Reflect on your journey over time

Who Has Helped?

Identify supporters and challenges you've faced

Inspiring Stories

Watch Together

See a Deaf person's story unfold
Notice their challenges and triumphs

Reflect

What challenges did they face?
What helped them succeed?
What inspires you most?

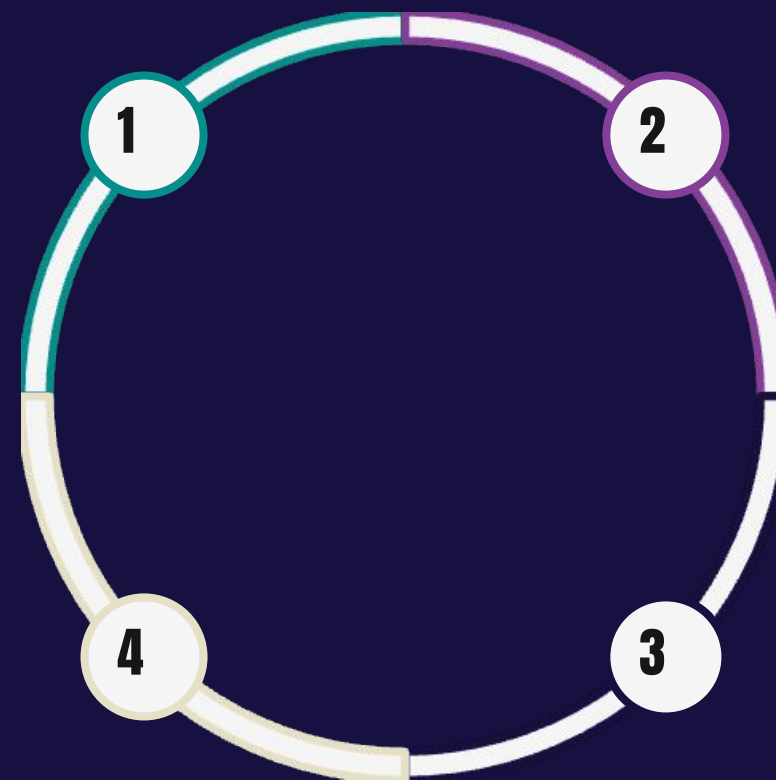
- **Video Time:** Meet cool Deaf individuals sharing their stories.
- **Video:** <https://mubi.com/en/films/deaf-child/trailer>
- <https://www.imdb.com/title/tt7315798/> - Deaf Child (Doof Kind) 2017



Where Do I Belong?

Family
Home connections

Deaf Community
Cultural belonging



School
Learning environment

Friends
Social connections

Move to the corner that fits you best.
Share why you chose that space.



Barriers & Supports

1 Form Groups

Work together in small teams

2 Create Poster

Left side: barriers, right side: supports

3 Use Creativity

Pictures, stickers, symbols welcome

4 Present

Share your poster with everyone



CREATIVE WORKSHOP



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Building Self-Esteem



Positive Self-Talk

Be kind to yourself every day



Celebrate Wins

Acknowledge your small victories



Find Support

Connect with positive role models



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Deaf Community Connection

Join Events

Attend Deaf clubs and gatherings

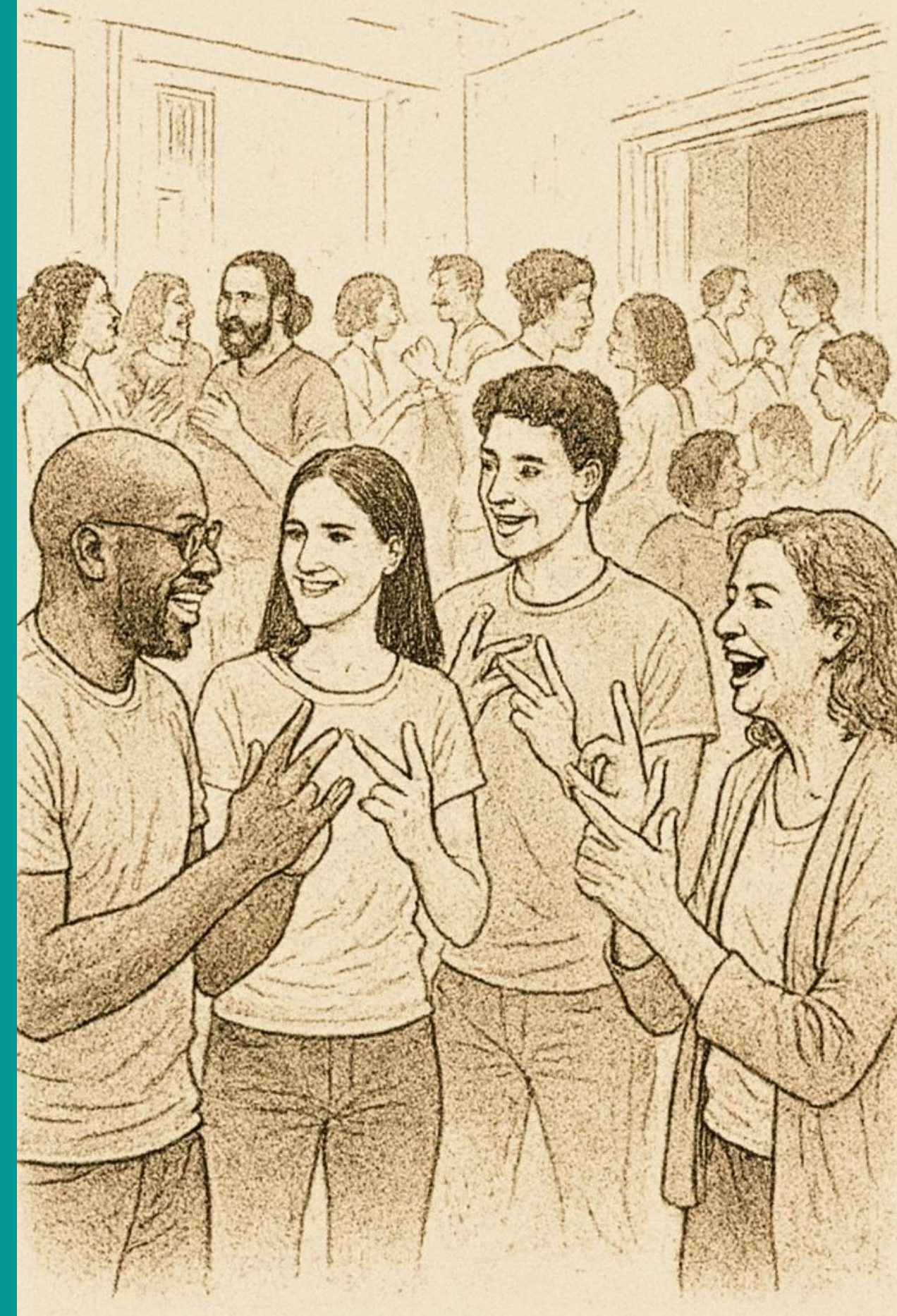
Learn Culture

Explore Deaf history and traditions

Make Friends

Build lasting community connections

You're not alone! Connect with others who share your language and experiences.



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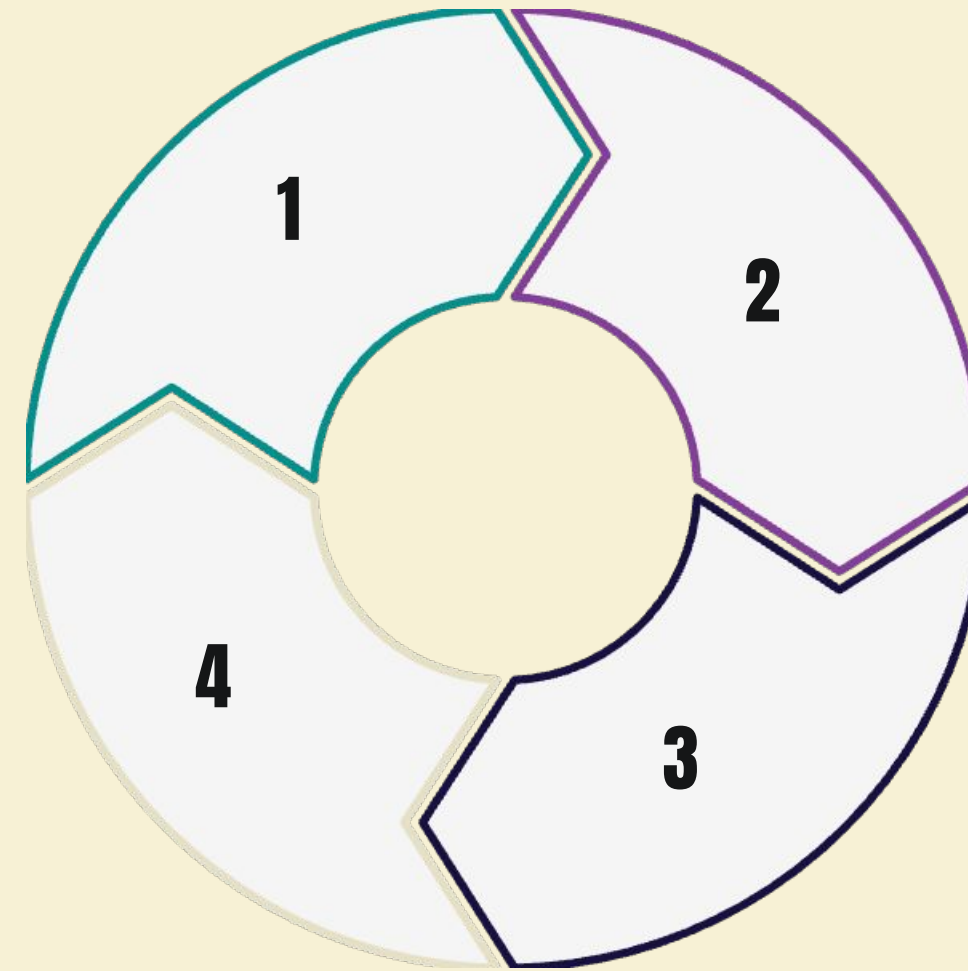
Reflection & Action

Draw or Write

What did you learn today?

Take Action

Apply what you've learned



Express Feeling

One word or emoji

Share

Optional circle sharing





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Thank you!

1

Unique

You are valuable

100%

Proud

Of your Deaf identity

∞

Support

Always available

**Be proud of your Deaf identity!
Support is always here when you need it.**



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Contact



www://

<https://deafstudies.eu/>



Deaf Culture, Heritage and Diversity



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TURKOOIS



Innosign

Witaf
Seit 1865 im Dienste der Gehörlosen



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DI TORINO