



The
Faith
& Belief
Forum



Understanding Identity, Belief, Values
& Belonging

NEWS



- 01 Definitions & Psychology
- 02 What happens when others define your identity?
- 03 Impact of context on Identity & Feeling of Belonging
- 04 RRP - Resilient & Reflective Practice



Identity - Definitions & Psychology





Identity Overview

A person's identity is shaped by values, relationships, and experiences, including cultural and social influences.

- **Personal Identity** – Self-perception, evolving over time, shaped by interests, choices, upbringing, faith / belief, and inherent traits.
- **Social Identity** – How others see a person, based on factors like race, gender, and socioeconomic status.
- **Cultural Identity** – A sense of belonging through shared language, values, traditions, faith and belief, and heritage.
- **Other** – Includes appearance, health, education, profession, emotions, beliefs and generational influences.

The different lenses through which we see ourselves...

Task:

Imagine that you are looking at yourself through each lens and answer the questions below



'I' Glass - How do you see yourself?



'U' glasses – How might others see you?
Why might this be?



'WE' glasses – How might groups / communities see you?
Why might this be?

You will not need to share this with anyone but only write what you feel comfortable writing

Identity
Definitions
&
Psychology

NCE



Reflection Questions

- Are there any things that you have written that you **do not feel are true to who you really are?**
- Do you find that you **behave differently in different places or with different people?**
 - Why might this be?
 - what might you be thinking?
 - How does this feel?
- How may your **beliefs be changed or impacted by how others see you** or how you are seen in the community / wider world?



What happens when others define your Identity?

Q&A

What happens when others define your identity?



TED Talk by writer Chimamanda Ngozi Adiche, 'The Danger of a Single Story'



Questions :

What is the effect of others making assumption about parts of your story?

Where might the some of the misinformed stories come from?

What happens when others define your identity ?

NCS

Chimamanda Ngozi Adiche, 'The Danger of a Single Story'

"The single story creates stereotypes. And the problem with stereotypes is not that they are untrue, but that they are incomplete. They make one story become the only story."

- What is being said here?
- Are some groups or identities more impacted by a single story?
 - Who?
- What might be a solution to counter the single story?



Impact of Context on identity & feelings of belonging

NGS

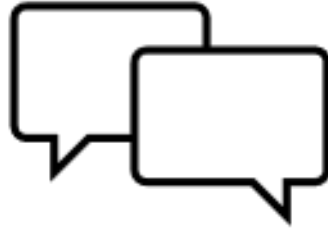
Impact of
Context
on
identity &
feelings
of
belonging

NCS

This is a conversation between two people. Both were born into Sikh families, with parents who immigrated from India but they themselves were born in the UK.

One grew up in an area where there were a majority of other Sikh families, and the other grew up in an area where there were few other Sikh families.

GURJ



AMAN

Reflect on these questions:

- What was the difference in experiences between the two people?
- What was the impact on how they saw themselves and their identities?

Impact of
Context
on
identity &
feelings
of
belonging

NCS

Table of Differences

	AMAN	GUV
Spent most time...		
Feelings about faith...		
Feelings about meeting others...		
Feelings about self...		
Other points...		



RRP - Resilient & Reflective Practice



RRP
Resilient
&
Reflective
Practice



We will be practising a 3 part strategy that focuses on bringing your whole self to situations that may be uncomfortable or challenging, especially one that is central to our identities and beliefs.



Listen to the two characters speak and think about what each person's experience may be.

Controversial Moment - TO - Learning Opportunity

RRP
Resilient
&
Reflective
Practice

NGCS



Task: 3-Part Strategy

HEAD – ATTITUDES & KNOWLEDGE

- What assumptions were made?
- What did it make you think about the people involved in the conversation?
- How do stereotypes about religion or faith develop, and what impact do they have?

HEART – EMOTIONS & FEELINGS

- How would you feel in this scenario?
- Could you relate to the situation?
- How do emotions play a role in conversations about identity and faith?

BODY – SKILLS & BEHAVIOURS

- How would you respond if you were in a similar situation?
- What actions can you take to create a more inclusive and respectful environment for people of all faiths and beliefs?

RRP
Resilient
&
Reflective
Practice



Summary

The 3-Step Approach helps to navigate personal identity & challenges...



HEAD – Thinking Critically:

Identifies biases, analyses influences, and expands knowledge on diverse perspectives. Increases awareness of power, privilege, and social influences shaping beliefs.



HEART – Understanding Emotions:

Recognises emotional reactions, develops empathy making it easier to connect with others and understand different viewpoints, and helps with mindful responses.



BODY – Taking Action:

Translates knowledge and emotional awareness into practical skills and behaviours, builds resilience, and encourages active participation.



Investigating Intersectionality of Identity



Extension Task:

- Reflect individually on two or three of the categories.
- Think about how they may impact your own identity.
- Do they connect in any way with each other to further influence you?

Categories:			
Family	Education	Aspirations Hopes for Future	Race Power Privilege
Culture	Friends Circle	Religion Values Beliefs	History Heritage
Gender Roles	Feelings of 'Belonging'	Media Representations	Sexuality



Importance of recognising Intersectionality in Identity

Intersectionality acknowledges that a person's identity is shaped by multiple overlapping factors which interact to influence their experiences, opportunities, and challenges.

- **More Inclusive Understanding** – Sees people as whole individuals.
- **Impacts Lived Experiences** – Identities interact, affecting discrimination and privilege.
- **Recognises Power Imbalances** – Multiple marginalized identities face compounded challenges.
- **Improves Policies & Support** – Leads to fairer, more effective solutions.
- **Fosters Empathy** – Encourages awareness and inclusivity.

Recognizing intersectionality helps create a fairer, more understanding society.

