

Module 6

Overcoming Personal Challenges

OVC Can Help You Put the Pieces Together



OVCTTAC

Learning Objectives

- ❖ **Recognize how privilege and prejudice affect attitude.**
- ❖ **Recognize how my own value systems influence my attitudes and impact my work.**
- ❖ **Explain the importance of self-reflection, especially as it applies to supporting crime victims with disabilities.**

Activity

Welcome to Burgville

- ❖ Put on your badge.
- ❖ Find a job.
- ❖ Find a home.
- ❖ Get a loan.



Unearned Privilege

- ❖ A privilege is a right or advantage, and not necessarily bad if it's *earned*.
- ❖ *Unearned* privilege is an advantage as a result of birth, social position, or concession, not the result of talent, skill, or hard work.
- ❖ Unearned privileges are subtle; those who have them are often unaware of the privileges, while those who do not have them are very aware.

Cultural Values

- ❖ **People congregate because of shared values.**
- ❖ **Overtime, shared values evolve into traditions and become cultural values.**
- ❖ **Cultural values holds a community together.**

Personal Values

- ❖ **Personal values are a product of culture and a reflection of our backgrounds.**
- ❖ **Values guide our behavior and form the foundation for our attitudes.**
- ❖ **Values identify what is good, what is important, appropriate, etc.**
- ❖ **Values also determine our actions.**

Activity

Friends and Neighbors

Worksheet 6.1

- ❖ **Work alone to answer the questions on the worksheet.**
- ❖ **Be prepared to share your responses, if you feel comfortable doing so.**

Our Comfort Zone

People are most comfortable around others who are a reflection of themselves.



Changes in Our Comfort Zone

- ❖ Many of us remain in our own comfort zones all our lives.
- ❖ But when something happens to us – we lose a job for example – we may become “different” within our own comfort zone.
- ❖ The transition can be awkward, but eventually we develop a new self-image and seek out people like ourselves.

Why It Is Important To Expand Our Comfort Zone

- ❖ **If we're only around reflections of ourselves, we'll never be truly comfortable with those who are not like us.**
- ❖ **We miss great opportunities to learn about the experiences of others.**



Why It Is Important To Expand Our Comfort Zone

If we interact only with people like ourselves, we miss out on that “enlightening journey” with its “breathtaking views.”



Reactions

- ❖ **Even if you are experienced working with diverse groups, you may occasionally be surprised by your reactions.**
- ❖ **You may feel anxiety, resentment, or pity.**
- ❖ **When this happens, you lose an opportunity to expand your knowledge about that person.**

Assisting One Another

- ❖ **Crime victim service providers may feel they can't assist crime victims who have disabilities because of personal values and attitudes or lack of knowledge.**
- ❖ **Advocates for people with disabilities may feel the same way about crime victims.**
- ❖ **We would all benefit from broadening our comfort zones.**
- ❖ **You don't need to become an expert – you just need to know what you *do* need.**

Activity

Self-Awareness Inventory

Worksheet 6.2

- ❖ **Work alone to answer the questions on the worksheet.**
- ❖ **After finishing, select one or two items that are important to you and discuss them with your table group.**
- ❖ **Be prepared to share your responses, if you feel comfortable doing so.**

From Discomfort to Comfort

- ❖ **Discomfort is often good; it's a signal that something needs to change.**
- ❖ **To move from discomfort toward comfort you need information, time to process it, and time to become accustomed to it.**
- ❖ **Self-awareness and honesty are good places to begin.**

Review of Learning Objectives

- ❖ **Recognize how privilege and prejudice affect attitude.**
- ❖ **Recognize how my own value systems influence my attitudes and impact my work.**
- ❖ **Explain the importance of self-reflection, especially as it applies to supporting crime victims with disabilities.**

End of Module 6

- ❖ **Questions?**
- ❖ **Comments?**