



# Talking Mimes Experience & Workshop

Talking Mimes is not just a VR experience, but a social and behavioural change tool. Too often, people with disabilities are not seen or treated fairly, and are not given equal access to opportunities. We need to change that!

One in 4 people have some sort of disability (though it may be invisible to you) - it could be a friend, family member, colleague or neighbour - and, if not now, in the future it could well be you. Having a more accurate understanding of disability will enable you to be supportive, and challenge other people's biased actions. The more we learn, the more people with disabilities will be accepted and integrated into society. Diversity is something that we should celebrate and embrace, rather than shy away from or ignore altogether.

After going through the Talking Mimes VR experience, one of our facilitators will help you articulate your experiences and relate them to preexisting knowledge/experience through a series of individual and group exercises. The exercises are designed to transform our observations and feelings from the VR experience to make us think differently and more inclusively about individuals with disabilities. We'd like to encourage you to reflect and implement the information that you've learned today, and share it with everyone you know!

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## The objectives of the Talking Mimes experience are to:

1. Raise awareness of disability issues
2. Think about and challenge barriers preventing people with disabilities from full participation in society
3. Recognise stereotyping and familiarise people with appropriate etiquette
4. Build disability confidence so people are comfortable and keen to interact with people who have disabilities
5. Develop skills to be effective allies for people with disabilities



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## Warming up for the workshop



- ▶ Warm up video: We'll warm up by watching an educational video made by people with cerebral palsy.
- ▶ Sharing our experience: As a group, we'll answer some questions to help us process the emotions and thoughts that emerged while going through the Talking Mimes VR experience.

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## Exercises

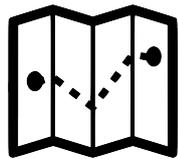
### 1. Drawing Exercise



The drawing does not need to be diagrammatic or literal, it can be metaphorical, squiggly lines and stick figures are welcome!

Imagine you're the person with a disability in Talking Mimes, now that you have the technology you need to communicate and interact, what would your life look like? What would it mean to you? How would it change your life?

### 2. Emotional Journey Map



On one of A2 pieces of paper provided - using the "story points reference" handout to jog your memory - plot your emotional journey throughout the Talking Mimes VR experience, and jot down the reasons why you felt that way.

### 3. Reframing Role Play



In this exercise we're going to revisit a few scenes and characters from Talking Mimes, who had poor disability etiquette. Pick one scenario and in your groups of 2-3, come up with a role play that would show how you would do things differently, or how you would try and change these individual's behaviour.

### 4. Storyboarding



For this exercise we're going to compare how you would attend a concert in town as someone with no access needs vs. someone with a severe physical disability. On the A2 pieces of paper provided, storyboard the steps, actions and activities you'd need to complete for both these scenarios. We'll share back to the group afterwards, to see the differences.

Some things to consider:

- ▶ What accessibility features will you need, from ticket purchase through to the venue?
- ▶ What are some basic needs that you'll need to take into consideration?
- ▶ What are your transportation needs?

### 5. If we have time - in your groups, discuss:



- ▶ How can you apply/transfer what you've experienced today?
  - \* Write a list of 5 things that you'll do differently
- ▶ How has your perception of disability changed as a result of going through these exercises?
  - \* Capture 2-4 ways to share with the group
- ▶ Why is it important to have accurate information and understanding about disabilities

- ▶ Share how you think you could support people with disabilities in your community