

# RADIO COLLECTION OF ANONYMOUS MEMORIES

By *Wired FM (Ray, Jude and Cillian)*



**Duration** The duration varies according to the size of the group. Count between 45min to 1h30

**Participants** 10 to 15

**Objectives**

- To foster active listening and develop the ability to talk about oneself;
- Develop empathy and tolerance for gender and sexual orientation minorities;
- To open up the discussion of sexuality, gender identity and sexual orientation;
- Understanding that everyone has their own unique way of experiencing gender and sexual orientation;
- Understanding that each person's experience of gender and sexual orientation is unique and diverse; and Considering gender and sexual orientation as a spectrum as nuanced and diverse as the human beings within it.

**Material**

- Radio studio
- Chairs
- Box or hat for anonymous papers
- Pens and paper (the same for all)
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**Preparation**

- Set up the radio studio and test the recording equipment.
- Arrange the chairs in a circle and place the box in the middle.

**Instructions**

- ① Distribute two sheets of paper and a pen to each participant.
- ② Briefly explain the activity to people: they will write down memories that will be placed in the hat to be anonymous. Each person will then take turns picking out someone else's story and reading it into the microphone.
- ③ Then, ask participants to respond, alone and in writing, to the following two instructions (one per paper): Tell about a time when you questioned

your sexual orientation or gender identity;

Tell about a time when you felt confident about your sexual orientation or gender identity.

Give them some constraints:

The writing style should be simple, with no attempt at stylistic effect;

Each sentence should contain a single idea;

The text should not exceed half a page;

The writing should be legible so that it can be read easily by another person;

The gender of the protagonists should not be identifiable.

④ After 10-15 minutes, ask people to put their story in the hat.

⑤ Then each person picks a story. Even if someone comes across their own story, they don't say anything in order to remain anonymous.

⑥ Then invite people to practice by reading the story they are about to record several times on their own.

⑦ Sit in a circle. A facilitator is in charge of the technique and records. In turn, each person takes the microphone and says, "This is not my story, I respect it and I want to share it," and then reads the story they have chosen.

## Variants

- ① You can suggest that people read their stories themselves. To make this decision, the facilitator can invite them to write "YES" or "NO" anonymously on small papers. Collect all the papers. If there is even one "NO," respect people's boundaries and continue anonymously.
- ② You can modify the activity by asking any other question related to the subject. For example, "Tell about a positive memory in intimacy or sexuality" or "Tell about a time when you became aware of your gender and/or sexual orientation."
- ③ At the microphone, small reading errors can occur, making the audio result less qualitative. It can be awkward to ask one person to read the same text several times in front of an entire group, especially if this request is not made to others. To avoid this, you can suggest that people get the radio equipment and record themselves alone or in pairs, making sure that the text is read correctly. Then put all the recordings together in an editing program and listen to them together.

## Tips for facilitators

- Some people may lack inspiration or not understand what is expected. The facilitator can then begin the activity by giving a personal example. Participants will feel more comfortable sharing an intimate story later on. This also allows you to set the tone, for example by keeping it light, fun and positive. Tell a personal story that is embarrassing/honest/funny that you don't normally share.
- Feel free to write the phrase "This is not my story, I respect it and want to share it" on a piece of flip chart paper posted on the wall for all to see.

## Debriefing

- At the end of the activity, you can ask participants several questions :
- How did it feel to listen to the stories?
- Was it easy (or not) to choose a story to tell?
- How did you feel after reading your own story?
- Do you think that by telling your story you were able to help someone? Did hearing other stories in these areas help you personally?
- Do you feel more comfortable sharing these topics in a group setting?