

I'm me

Representation Doodle Book

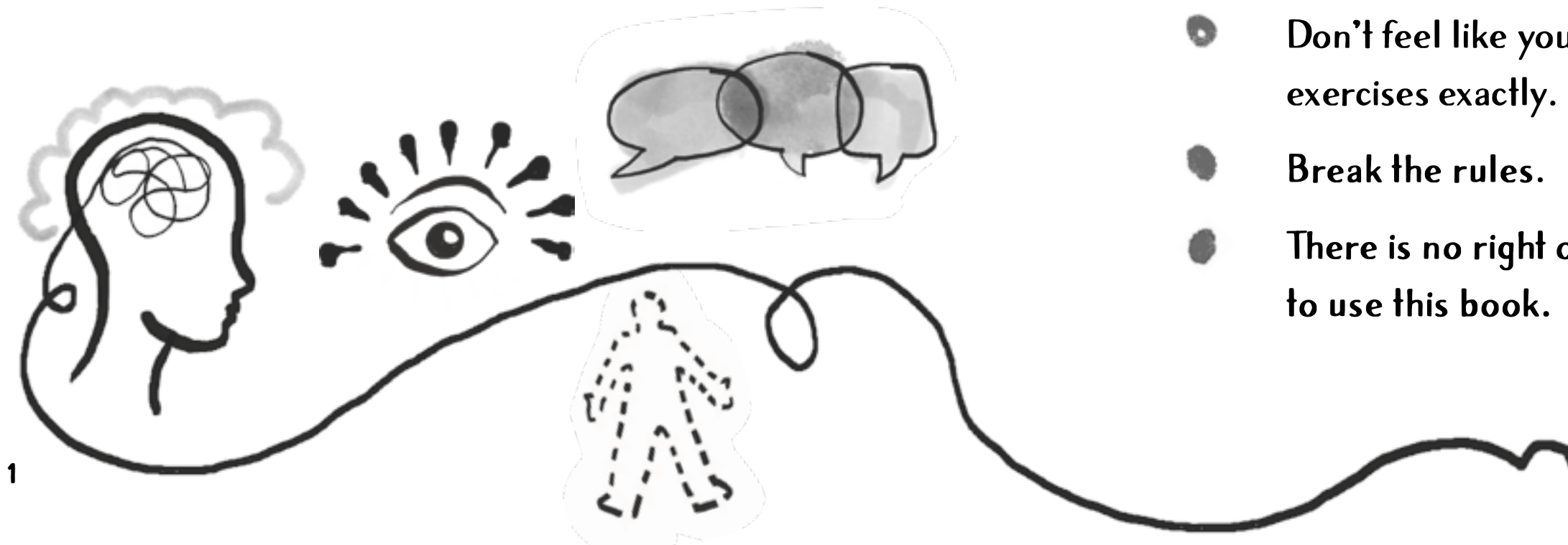


Representation Doodle Book

The **I'm Me** project explores questions about learning disability identity, representation and voice.

This book explores 'representation.' This includes both how we present ourselves to other people and how learning disability is represented in the world around us.

We hope this book will spark your creativity and make you think.

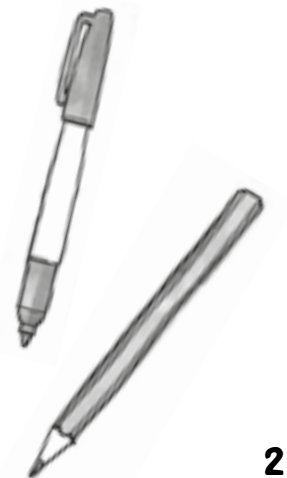


1

This book is divided into two parts:

1. **Presenting Yourself to the World**
2. **Representing Learning Disability**

- You don't need to do these pages in order, or do all of them.
- Don't feel like you need to follow the exercises exactly.
- Break the rules.
- There is no right or wrong way to use this book.



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Your Rights in Research

1. You have the right to have your say.



2. You have the right to support.



3. You have the right to feel safe and say no.



4. You have the right to privacy.



5. You have the right for it to feel worthwhile.



What is Representation?

Representation can mean two different things.

1. The first is how we present ourselves to other people. This might change depending on who we are presenting ourselves to.

When we want other people to think about us in a particular way we might change how we dress, act, speak and move.



2. The second meaning of representation is the way the world portrays people and different parts of their identities.

For example, do people with learning disabilities only appear in newspapers when it is bad news?

Or are they always shown on TV programmes being happy and friendly?

Why talk about Representation?

People around us can believe things about us based on those representations.



Those beliefs can make life harder or easier.

This book has a lot of different ways to explore how we present ourselves to people and how learning disability is represented in the world around us.



By thinking about these questions, we start to understand how we want to be represented.

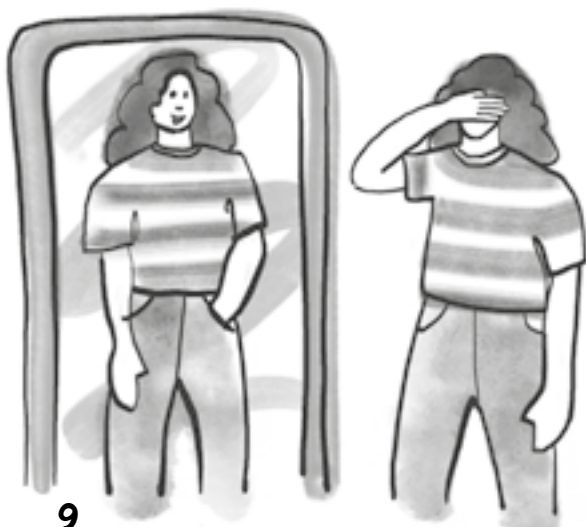
First Impressions

Close your eyes and imagine meeting yourself for the first time.

Draw or write what you think you'd notice.

Ask other people what they noticed the first time they met you.

Write down their answers.



If you could choose one thing for people to remember about you, what would it be?

When I...

- When I'm hungry I...
- When I'm tired I...
- When I'm most myself I...



- One time I lied about...
- It pisses me off when...
- When nobody is looking I...

Was it easy to finish these sentences? Why or why not?

You in Different Situations

Draw or write about yourself in three different situations.

1.

- What kinds of clothes would you wear in each situation?
- How does your body language change between those situations?
- How do you talk to other people in those situations?
- How do you want other people to see you?

Ideas might include benefits interview, a first date, a job interview, or with your family. But you can pick your own.

You in Different Situations

2.

3.



Oh the Places You'll Go

Draw places you would like to go,
but can't or it's hard.

Discuss why it's hard.

Tell or write a story about how the
world would be different if you
could go anywhere you like.



Visible / Invisible

List places or times when you want to be seen.

List places or times when
you wish you were invisible.



Presenting Yourself



19

You might think
about both silly
and serious
examples.

20

Talking about Disability

How do you talk about yourself and disability to people who don't know anything about it?



Make a song, dance or piece of theatre to share the same information.

Making Art

Write down three things you really care about when you create art.

1.

2.

3.



Write down three things you want audiences to feel when you create art.

1.

2.

3.



Discuss this in relation to the work your arts organisation makes.

Where are you visible?

List times or places where you have seen representations of learning disability.

- On TV.
- In Films or Theatre.

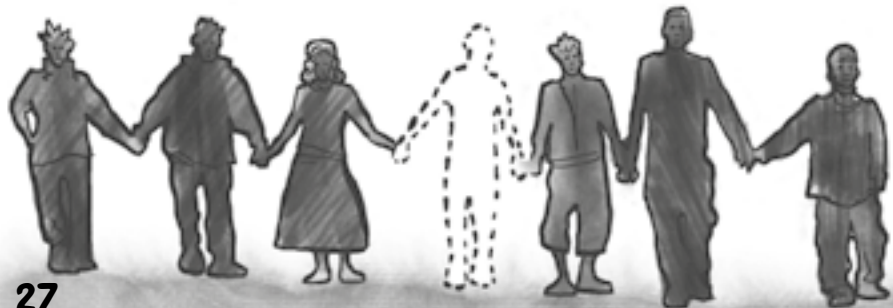
- In Music.
- In the news.
- In adverts.

Who is telling
those stories?
Are they
learning
disabled?

Where are you not visible?

List times or places where people with learning disabilities are not visible.

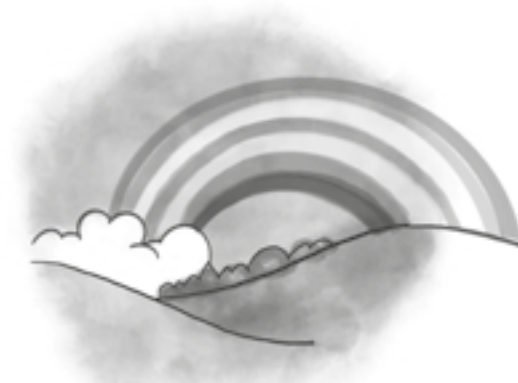
Draw or write a story about how the world would be different if they were.



Positive & Negative Representations

What would representations of learning disability be like if they were:

- Hopeful
- Empowering
- Truthful



What would representations of learning disability be like if they were:

- False
- Limiting
- Dangerous



Looking Closer 1

Pick an example of representation that you find interesting.

What is it called:

List three things you remember seeing:

1.

2.

3.

Think about these questions:

- Was there anything that reminded you about your own life?
- What do you think you'll remember about it in the future?
- What would you change about it?



Looking Closer 2

Pick an example of representation that you find empowering.

What is it called:

List three things you remember seeing:

1.

2.

3.

Think about these questions:

- What emotions or feelings did you experience?
- What one question would you ask the person who made it?
- What would you change about it?

Looking Closer 3

Pick an example of representation that you find dangerous.

What is it called:

List three things you remember seeing:

1.

2.

3.

Think about these questions:

- If it was a noise, what noise would it be and why?
- What stories did it tell?
- What would you change about it?

You might repeat this with different examples or different questions.

Manifesto

Write a manifesto for how you would like learning disability to be represented.



Next Steps

Where could you go next
with responses to this book?



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Can
you,
see
you?



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