Understanding the Cycle of Socialization

**Cycle of Liberation**
Raise consciousness, interrupt, dismantle & take a stand

**The Beginning**
- Born into a world with mechanics in place
- Bias, stereotypes, norms, histories, habits & traditions

**First Socialization**
- Taught on a personal level by family/peers/mentors we love and trust
- Reinforced by group affiliations (who you hang out with that is taught the same message)

**Institutional & Cultural Enforcements**
- Messages you're surrounded with are reinforced by media, schools, church, business, & other institutions
- These perceptions become normalized; you do not question the way things are

**Additional Enforcements**
- Rewards & punishments, support & stigmas
- You receive positive messages when you act according to what you are taught even if it isn't truth
- You receive negative messages when you question the status quo

**Results**
- Internal feelings and social standing
  - "Abnormal:" shame, silence, isolation, anger, stress, barriers to achieve
  - "Normal:" confidence, security, autonomy, access to opportunities

**Actions**
- 1) Continue back to "The Beginning" and perpetuate biases, stereotypes, norms, histories, habits & traditions
- 2) Break the Cycle--Cycle of Liberation

**Why do we go along with what we are socially taught?**
We know what it feels like to be isolated
We are scared of what we don't know

Adapted from Bobbie Harro, 1982