

Introduction: Identity and belonging (text A)

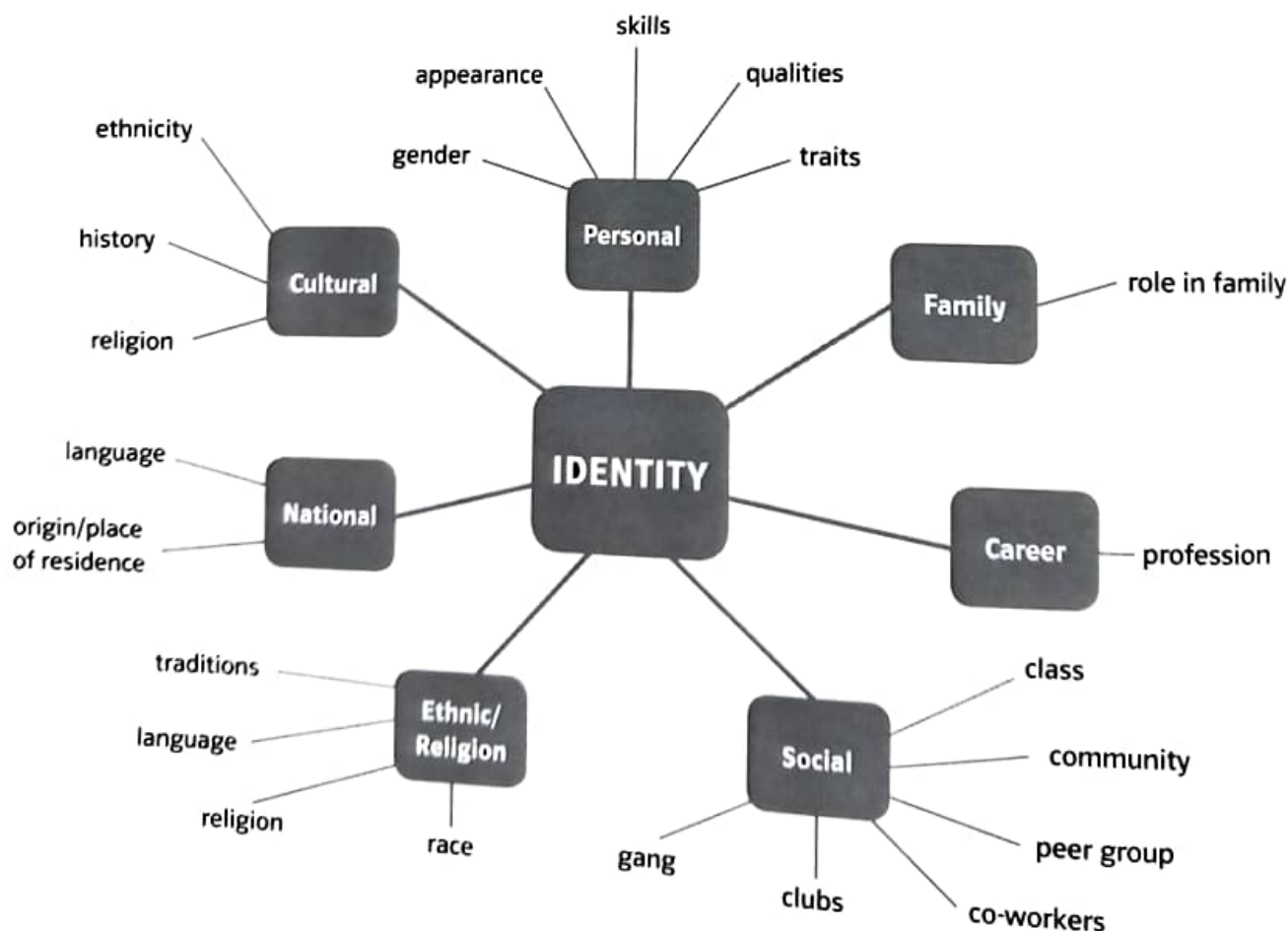
- Get together with a partner. You each have a different text. When you have finished reading, explain the graphic below to your partner, based on the information you have read. As you read, note phrases you can use.
- After your presentations, summarize together how the two texts are related.

Your identity defines who you are. Your sense of identity and belonging is influenced by numerous factors, including your experiences, relationships and your environment. Finding your identity and belonging can be hard since we are challenged by the questions who we are, who the others want us to be and where we belong. No one can answer these questions for us. It is our personal view that influences our decisions. Identity is multifaceted since your identity is shaped by a combination of different traits. You do not only possess one specific identity but may change your own identity depending on the environment and the people that surround you. For example, you may be extrovert with your family but rather reserved and serious with your school friends. You may speak a different language (e.g. different vocabulary and intonation) with your parents than with you soccer team. We adjust our identity in order to fulfil our desire to belong.

Here are some facets of our identity:

- personal:** personality traits, qualities, skills, appearance, gender; **family:** role in the family; **career:** profession; **social:** social class, community, peer group, co-workers, clubs, gang; **ethnic/religious:** race, traditions, language, religion; **national:** origin and place of residence, language; **cultural:** ethnicity, religion, history

Everything and everyone can influence a person's identity and belonging. For different people, the same experience may affect them completely differently. Although we all live in the same world where many of our experiences overlap, the reason why we are all unique is because we ultimately choose what does or does not impact us in a crucial or unimportant way.



Introduction: Belonging as basic need (text B)

- Get together with a partner. You each have a different text. When you have finished reading, explain the graphic below to your partner, based on the information you have read. As you read, note phrases you can use.
- After your presentations, summarize together how the two texts are related.

Abraham Maslow (1908–1970) was an American psychologist best known for his 'hierarchy of needs', a psychological theory centered on our inborn desire for fulfillment. His levels of basic needs are often represented in a pyramid. The theory states that a person does not feel the second need until the demands of the first have been met, nor the third until the second is met, and so on. Here are Maslow's needs:

1. Physiological Needs

These are biological needs for oxygen, food, water and warmth. They are the strongest needs because they come first in a person's search for satisfaction.

2. Safety Needs

With all physiological needs satisfied, those for security become active in unstable times or emergency.

3. Needs for Love, Affection and Belongingness

The next class that emerges consist of the needs for love, affection and belongingness. There are many different forms of belonging: relationships (e.g. family, friends, partners, pets), social groups (e.g. classes, clubs, gangs, church, co-workers, organisations, communities) and environments (e.g. nation, race, region, city, culture). Many people become susceptible to loneliness or even depression if they lack a sense of belonging.

4. Needs for Esteem

When the first three classes of needs are satisfied, the needs for esteem can become dominant. These involve needs for both self-esteem and for the esteem a person gets from others. Humans have a need for a stable, high level of self-respect, and respect from others. When these needs are satisfied, the person feels self-confident and valuable as a person in the world. When these needs are frustrated, the person feels inferior, weak, helpless and worthless.

5. Needs for Self-Actualization

When all of the foregoing needs are satisfied, then and only then are the needs for self-actualization activated. Maslow describes self-actualization as a person's need to be and do that which the person was "born to do." "A musician must make music, an artist must paint, and a poet must write."

