

## Our suggested approaches on how to use Stand Up videos

Stand Up Videos are designed to be conversation starters. Some videos last less than a minute, some are longer. The young people and groups that created these videos suggest that the following questions can be used to get the conversation started. There are 7 questions in total, and you can use just one, or you can use more.

### These 3 questions relate to the videos only:

1. What do you see in the video? (Opportunity to remind everyone what they have seen)
2. What is the significance of what you see? (Up to viewers' perceptions of what they have seen)
3. What dilemmas do you see in the video?

### The second set of questions can be used in tandem with the videos if the viewers work and volunteer with young people:

1. To what extent does sectarianism feature in your current youth work?
2. Can you see any potential drawbacks in not making young people more aware of sectarianism?
3. Can you see any potential drawbacks in making young people more aware of sectarianism?
4. How would you raise awareness about sectarianism in the young people you work with?

### Allport's Theory of Discrimination:

Viewers can be asked to decide where they feel the video they have just watched fits into [Allport's Theory of Discrimination](#).

