Understanding the Cycle of Socialization
Adapted from Bobbie Harro, 1982

Cycle of Liberation
- Raise consciousness & unlearn
- Dismantle oppressive and discriminatory systems

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

First Socialization
- Taught on a personal level by family, peers, & mentors we love and trust
- Reinforced by group affiliations (pluralistic ignorance)

Additional Enforcements
- Rewards & punishments
  - 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

Institutional & Cultural Enforcement
- Messages you’re surrounded with are reinforced by every institution (media, schools, churches, businesses, the legal system, etc.)
- These perceptions become normalized; you do not question the way things are (“status quo”)

Actions
- Option 1: Continue back to The Beginning and perpetuate biases, stereotypes, norms, histories, & traditions
- Option 2: Break the Cycle and move toward the Cycle of Liberation

Results
- Internal feelings and social standing
  - Abnormal: shame, silence, isolation, anger, stress, barriers to accessing resources & opportunities
  - Normal: confidence, security, autonomy, access to resources & opportunities

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