Understanding the Cycle of Socialization



Cycle of Liberation

Raise consciousness, interrupt, dismantle & take a stand

Actions

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

Results

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

The Beginning

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

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

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

First Socialization

- Taught on a personal level by family/peers/men tors 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 reinfroced by media, schools, church, business, & other insitutions
- These perceptions become normalized; you do not question the way things are