

- Assess your own biases.
- Keep yourself accountable.
- Recognize the negative effects of prejudice.
- Avoid justifying stereotypes when interacting with others.

- Be open and accept yourself.
- Get family support.
- Reduce self-stigma.
- Step 2. Be around people you admire.

**How to
overcome
stereotypes?**

“Once you label
me you negate
me.”

Søren
Kierkegaard



The thing about
stereotyping is it's usually
just throwing rocks into a
crowd hoping to hit
somebody who deserves it.

Criss Jami

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Stereotypes
do exist,
but we
have
to break
them!