# Silent Debate: How Does Identity Change Over Time?

How It Works

1. You will be given a large sheet with a question in the middle.
2. Write your initial ideas around the question.
3. Read what others have written. Add:
   - ✅ Agreement (explain why).
   - ❓ Questions (what do you want to know more about?).
   - 🔄 Challenges (give evidence or alternative views).
4. Rotate to other sheets and keep adding.
5. At the end, return to your first sheet and write a final comment to sum up or evaluate the debate.

⚠️ **Important rule: No shouting out during the debate - only writing and quiet discussion.**

Key Prompts to Think About

- How do family, peers, education, media, and work influence our identity?
- Does identity change more because of personal choices or because of society?
- Are there times in life when identity feels more fixed or more fluid?
- How do gender, class, ethnicity, and age affect identity across the life course?

**Useful Concepts & Theories**

Here are some sociological ideas you can use to support your points:

- **Socialisation:** The process of learning norms, values, and roles (e.g. family shaping early identity).
- **Goffman** – Presentation of Self: We adapt how we present ourselves depending on the situation.
- **Mead** – The "I" and the "Me": Identity forms through interaction with others.
- **Postmodernism:** Identity is fluid and can be chosen, e.g. through lifestyle, consumption, and online presence.
- **Life Course Approach:** Identity changes at different stages of life (childhood, adolescence, adulthood, old age).
- **Intersectionality** (Crenshaw): Identity is shaped by overlapping factors such as gender, ethnicity, and class.

Reflection

After the silent debate, think about:

- Did any ideas challenge your own assumptions?
- How did other people's comments make you rethink your views?
- Which theories or examples best explained identity change?