



Dear [REDACTED]:

You have been assigned the following training item in the IPS Learning Portal by [REDACTED]:

- **Title:** Ouch! That Stereotype Hurts
- **Training Description:** Ouch! That Stereotype Hurts is one of the most popular diversity training programs of all time. By exploring the impact of bias and stereotypes, this award-winning course is designed to help participants learn specific and effective techniques for speaking up without blame or guilt. Ouch! is an antidote to the detriments of silent collusion by giving people techniques to speak up as allies, active bystanders and upstanders. Encourages allyship. In the words of Sondra Thiederman, Ph.D., author of Making Diversity Work and our Defeating Unconscious Bias course: "Finally, a video that shows the viewer exactly how to respond in moments of diversity-related tension! No blame, no guilt, no conflict – just practical, specific skills that can be immediately applied in the workplace. Ouch! is a must-have and a must-see for anyone seeking to create and sustain a respectful workplace." This course, which meets high standards of accessibility, includes an engaging combination of videos, activities and exercises to ground learners' understanding; the lessons are reinforced through a 10-question quiz. Ouch! That Stereotype Hurts is the first step. Be sure to check out Ouch! Your Silence Hurts, the 2nd step in the popular Ouch! training.
- **Training Hours:** 0 Hours 14 Minutes

Content assignments are important to support students and staff within the district and may be required by state statutes or board policies: **please utilize an updated browser to access assignments** and [click here](#) to view the professional development on your Learning Portal Transcript.

Resource Tip: Curious about tools to navigate the Learning Portal? [Click here](#) to view how-to videos about registering for PD events and accessing other learning opportunities!

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