

The Teflon Test

I feel friction* because of ideas around me linked to:	Never	Sometimes	Often
My gender?			
My ethnicity?			
My age?			
My sexual orientation?			
My belief?			
My functional capacity (physical/mental/cognitive)?			
My financial situation?			
My body size?			
My educational background?			
Where I live or where I grew up?			

** By friction it means that you experience hurt/irritation through the norms of society or the organisation e.g. by not fitting in, being questioned or discriminated against because of who you are.*

Most of us are aware of the norms we break, but it is more difficult to see which norms we conform to. By being able to relate to norms and our own position in a conscious way, we see what we need to learn more about or in which areas it is easier to happen to discriminate. The word teflon is used to symbolise an area that nothing burns on or sticks to, due to a person's preconditions. These are areas where one has little or no friction with the norms in society. If an entire work group or organisation place their crosses in the matrix in a similar fashion, the likelihood increases that the group will find it difficult to identify certain challenges and limitations and therefore exclude those of us with different experiences or other backgrounds.

The test is taken and modified from: <http://www.jamstall.nu/verktygslada/teflontestet/>