

HANDOUT

What Is Belonging? Anticipation Guide

Step 1: Read each statement in the left column. Decide if you strongly disagree (SD), disagree (D), agree (A), or strongly agree (SA) with the statement. Highlight or circle your response.

Statement	Your Opinion			
1. Belonging is a basic human need. It is as important as food, water, and shelter.	SD	D	A	SA
2. Human beings can experience belonging when they are in a group and when they are alone.	SD	D	A	SA
3. It is important for all members of a group to have similar identities, values, and ideas in order for everyone to feel like they belong.	SD	D	A	SA
4. Belonging requires conforming to a group's values and norms, even if that means sacrificing one's individuality.	SD	D	A	SA
5. Belonging is the same as fitting in.	SD	D	A	SA
6. Social media can improve a person's sense of belonging in the world.	SD	D	A	SA

Step 2: Personal Reflection

Choose one statement that interests you for a short written reflection. Why do you find it interesting? What question(s) does it raise for you?

Step 3: Personal Connection

Complete the following statement: *I feel like I belong when . . .*

Step 4: My Definition

Define *belonging* in your own words.