

## INFORMATION FOR HUMAN 'BOOKS'



The *Hobart Human Library* is a library just like any other – except the 'books' are real, living people!

The aim of the *Hobart Human Library* is to build empathy and increase the understanding and acceptance of difference between members of the community. It is all about two-way listening and learning which empowers 'books' and 'readers' alike.

### **Who can be a 'book' in the Hobart Human Library?**

The purpose of a human library is to promote an acceptance of the differences which may exist between members of a community so human 'books' can come from any walk of life and from any background. A human 'book' is usually someone who has experienced stereotyping, stigma or discrimination in their life and who now feels comfortable sharing the circumstances of that exclusion in a face-to-face conversation with others.

## Your role as a human 'book'

As a 'book' you will share your story with people who attend a live or virtual workshop, generally school students or people in workplaces. We ask that you be yourself and share your story in a respectful and age-appropriate manner. You are not expected to represent anyone other than yourself. The *Hobart Human Library* is all about creating opportunities for you to share your experiences to raise awareness about issues you are passionate about and to have conversations with other people about how to be more inclusive.

Our experience shows that, rather than lecturing, it is most effective to engage 'readers' empathy. If readers can empathise with your experiences, they are likely to remember your key message and be motivated to become more inclusive in their day-to-day life. Remember – we don't know where anyone else is in their story, so it's important to write your story in a way that avoids detailed descriptions of potentially triggering content.

## Training and support

Before you begin your time as a 'book' with *Hobart Human Library*, we will provide you with training (minimum 6 hours). The aim of the training will be to prepare you as a community educator by identifying the aspects of your experiences that you are comfortable sharing with other people, developing the story of your experiences, and writing your story to present in *Hobart Human Library* workshops. It is important to remember that you will never be asked to talk about anything you aren't ready to share with others. Part of your training will also focus on preparing strategies to deflect questions you don't feel comfortable to answer.

The *Hobart Human Library* will provide ongoing support to you as a human 'book'. There will always be trained volunteer librarians and staff at workshops if you need support or assistance. There will also be other training and skill development opportunities that will allow you to engage in other programs delivered by A Fairer World.

Human 'books' are paid an honorarium for each workshop they present.

For more information about the *Hobart Human Library* contact:

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