A Card and Board Game to Reduce Gender-Based Implicit Biases using Perspective-Taking and Counter Stereotyping and Other Methods of Influence

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Implicit biases (specifically gender-based) are ubiquitous and are known to influence social behavior leading to the question - 'how could these biases be eliminated or, at least, recognized?' To counter this difficult question, a storytelling card and board game using principles of social psychology such as Perspective-Taking and Counter-Stereotyping and other methods of influence used to counter implicit biases was developed. Unlike Unconscious-Bias training the game applies methods of influence in a covert and implicit way, which was tested among children aged 15-18 years using: the IAT (Implicit Associations Test: Gender/Career and Gender/Science), customized Semantic Differential scale and Gender-Roles Scale; in pre and post -game play phases. It was discovered that there are significant differences in certain variables in the implicit and explicit pre and post-tests. The participant's time response in the IAT is found to have a notable decrease, indicating reduction in their implicit biases, even nearing an almost complete elimination of these biases. Aggregated to both the gender groups, the implicit association of career with the gender reduced from 1.27 to 0.35 ($t(25) = 3.82$, $p < 0.001$) and of gender-science among women decreased from 1.70 to 0.76 ($t(16) = 3.24$, $p<0.05$). We noticed that some explicit trait associations have a significant difference, whereas others remained stagnant. There are changes in the role associations; however, we are unable to establish strong reasons these due to the limitations within our game execution. There is further scope at developing the game to reduce different kinds of implicit biases, leading towards a positive social change.

Awards Won:

Fourth Award of $500

ASU Rob and Melani Walton Sustainability Solutions Service: Award of $1,000

American Psychological Association: Certificate of Honorable Mention