

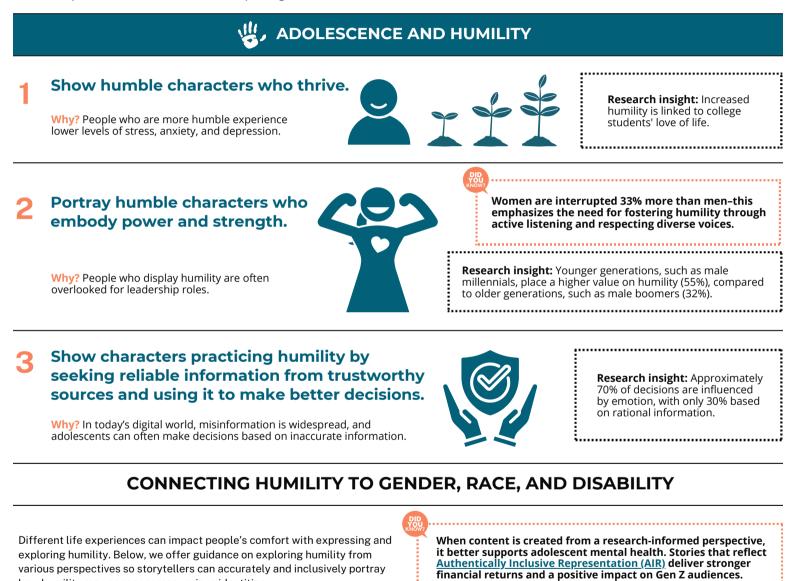
# **9 TIPS FOR FOSTERING HUMILITY THROUGH STORYTELLING**

\$50M

A 2023 study found that movies incorporating character strengths in stories generated on average \$50 million more globally compared to those that did not.

DID YOU KNOW? Humility is the practice of maintaining an unpretentious attitude while also being confident. It involves being willing to acknowledge one's limitations, changing one's mind when presented with evidence, and respecting the beliefs of others.

Extended adolescence, which includes ages 10-24, is a critical period of development when young people gain independence and form their values.





how humility may appear across various identities.

Why? Women can face social backlash for showing either too much or not enough confidence. Demonstrating that humility complements strength challenges gender stereotypes and dispels the misconception that humility diminishes capability.



In our society, humility can often be mistaken for having low self-esteem or lacking self-confidence. For example, a female executive who exhibits humility may be considered less assertive and not capable of "leaning in."

**Research insight:** When women display humility, they are often perceived as less capable compared to men who exhibit similar behavior.

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# **9 TIPS FOR FOSTERING HUMILITY THROUGH STORYTELLING**

# Show a variety of girls, including popular ones, failing and recovering from it.



Why? Encouraging female adolescents to have a positive attitude towards failure can boost their confidence.

Societal expectations of humility can clash with the need for confidence and empowerment, especially in spaces where underrepresented individuals (e.g., people of color, people with disabilities, women) strive for respect and influence.

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Research insight: A significant number of girls aged 12-13 experience pressure to avoid failure, with the percentage more than doubling yearover-year, going from 18% to 45% of girls experiencing such pressure. .....

# RACE, ETHNICITY, AND HUMILITY

Racial humility involves a person recognizing and acknowledging their own racial identity while also valuing and respecting the racial/ethnic identities and unique experiences of others.

## Portray monoracial parents displaying racial humility when interacting with their biracial or multiracial children.



In 2021, children of color made up nearly half (49.8%) of all children in America.

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Research insight: Over 33 million Americans identify as multiracial, an increase of nearly 25 million people in the past decade. Multiracial Americans are this country's fastest growing demographic. .....

Why? Biracial children feel closer to their parents when their monoracial parents show racial humility.

Demonstrate people in power exercising humility, questioning established power dynamics, and promoting people of color to positions of influence.



Research insight: Black female characters are twice as likely as white female characters and other female characters of color to be depicted in a service industry iob (56.3% compared to 26.4% and 20.6%, respectively).

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Why? Recognizing one's privilege can be a good thing for people who have power as it helps them develop empathy and better understand others.

**DISABILITY AND HUMILITY** 

## Show characters without disabilities interacting with characters with disabilities.

Why? Regularly interacting with people with disabilities can lead youth to be more humble and accepting of people with disabilities.



Research insight: Youth with disabilities are three to four times more likely to be victims of any type of violence than their non-disabled peers, whether that be at home, in the community, or at school.

## Portray characters who actively adapt to their disability, learn through new approaches, and grow in their ongoing journey.

Why? Inaccurate stereotypes often focus on "curing" one's disability, overlooking the humbling and ongoing journey of adapting to the world with a disability.



Research insight: In 2020, more than 1.3 million U.S. young people, ages 16 to 20, had a disability.

Research Sources: Babik & Gardner, 2021: Backes & Bonnie, 2019; Browig, 2021: Chamoro-Premuzic, 2020: Children's Defense Fund, 2021; Egon Zahnder, 2019; Gallup, 2022: Genen Davis Institute on Gender in Media & USC Viterbi School of Engineering, 2021; Green, 2021: Green Baryant, 2023; Hancock & Rubin, 2014; Howard et al., 2021; Lee & von Schrader, 2020; Marques, 2023; Priebe& Van Tongeren, 2021; Pulse & The Confidence Code for Girls, 2019; Ross & Wright, 2023; Hayor & Uhls, 2023; UNESCO, 2021; U.S. Censes Breuez, 2020; Whitcome t al., 2020; Williame & Tiedens, 2016.

The Center for Scholars & Storytellers (CSS) at UCLA is the only youth-centered organization that bridges the g between social science research and media creation to help storytellers better reflect the lived experiences of adolescents. We bring together the academic and creative communities to unlock the power of storytelling to help the next generation thrive and grow. You can learn more about our work at scholarsandstorytellers.com



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