



**UNESCO Chair
on Visual Anticipation
and Futures Literacy
towards Visual Literacy**



THE WHITE T-SHIRT

The “White T-shirt” tool uses the image of a plain white T-shirt as a metaphor of an ideal version of the self. Learners imagine themselves as an empty canvas (the T-shirt) and are invited to envision and fashion it according to the traits (images, words, actions, values, goals, symbols etc.) they consider essential to build that new, ideal self. The tool supports understanding of the social and cultural factors and the peer dynamics that influence choices and identities, and stimulates creativity, introspection, and dialogue.



The tool **aims** to:

- Encourage learners to delve into their inner values, dreams, goals and assumptions and imagine in a tangible manner a fulfilling version of themselves.
- Foster their confidence in their agency to shape their own lives and futures.
- Stimulate emotional intelligence and authenticity in identity exploration untainted from social peering and stereotypes.
- Promote respect and understanding for different values, perspectives and expressions of self.
- Support reflection and discussion on personal growth, authentic living and their importance for social sustainability.

How to apply it

Facilitators can project the T-shirt on the wall and give learners a white page asking them to imagine it being the T-shirt. They remind learners that they have unlimited power to shape their ideal selves in any way they wish. Learners are free to use any items (images, words, actions, values, goals, symbols, shapes, colors, textures, audios, scents etc.). Color pencils should be available. Facilitators provide as much time as necessary (usually about 2- minutes) for all to create their envisioned version. Learners share their ideally constructed self with the group, describe the embedded items and explain how they will support them to lead a fulfilling life.

Suggested combination with other Visual Literacy tools

The “White T-shirt” combines effectively with the “Identity Triangle”, the “Role-playing”, the “Sensing instead of Making Sense”, the “Visuality Iceberg”, and the “Reframing Concepts” tools.

