About this episode:

Get ready to question your understanding of 'normal' as we set out on a deliberation with our students, and psychologist, Milan. This episode guarantees you a deeper insight into how personal interpretations of normal behaviour are influenced by societal pressures. We grapple with the inherent subjectivity of normality, the sway of the majority's views, and how personal values might diverge from societal expectations. It's a conversation that will leave you reassessing your own definitions of 'normal'.

Discussion prompts

- Defining Normality: What does "normal" mean to you? How do you think societal norms and personal values influence our perception of what is considered normal

- Stereotypes and Prejudice: How do stereotypes contribute to our understanding of what is normal? Can you provide examples of stereotypes that might affect perceptions of normality within a community or culture?

- Identity and Conformity: How does the pressure to conform to what's considered "normal" impact individual identity? Have you ever felt pressured to conform, and how did you handle it?

- The Role of Courage: Several speakers discussed the importance of courage in breaking away from societal norms. Do you agree that it takes courage to stand out from the crowd? Why or why not?

- Diversity and Individuality: Why is it essential to recognise and embrace differences among people? How can promoting diversity enhance our understanding of normality?

- Historical Perspective: How have perceptions of what is normal changed over time, such as the example given regarding hairstyles in the 1960s? What other historical examples can you think of where societal norms have shifted?

- Personal Examples of Normality: What are some personal examples of things that are normal for you but may be seen as abnormal to others? How do you feel when others view your actions or choices as abnormal?

- Influence of Expectations: How do the expectations placed on you by others shape your behaviour or perception of normality? How can we break free from these expectations and find our authentic selves?

- The Intersection of Normality and Success: One speaker mentioned that being different or abnormal might be linked to success, citing Steve Jobs. Do you think there's a connection between success and breaking away from societal norms? Provide examples to support your viewpoint.

- Normality as a Social Construct: How does the podcast's discussion on normality as a social construct resonate with you? How can understanding normality as a construct rather than an absolute truth help promote well-being and acceptance of oneself and others?

- These questions are designed to foster an open and thoughtful discussion on the concept of normality, societal influences, individuality, and the importance of embracing differences.