

NEW TRICKS: LEARNING, UNLEARNING, RELEARNING EXHIBITION

From the moment we're born, the world floods our brain with bad lessons and, almost immediately, the mould of prejudice and internalised phobias start to grow. It's a truth universally acknowledged that mould is a real pain in the arse to get rid of, but it's not impossible.

Neuroplasticity has been described as the greatest discovery in neuroscience in the last twenty years. Yet, if the world is so pumped by how adaptable the brain is, why do we still make concessions for the prejudices of older generations? Why does society still excuse sexist behaviour? Why does it excuse racism? Homophobia? Transphobia? Ableism? If our brains are really these elastic-y, Magic Sand organs that can adapt to new information and experiences, why do we shy away from confronting our own individual set of biases?

Turning the mirror to yourself and acknowledging your own need for unlearning and relearning can be confronting and challenging, but it can also be liberating and affirming. Neuroplasticity basically means you can teach an old dog new tricks and we really need to if we want to live in a kinder, more equitable world. Singer and activist, Eartha Kitt said it best when she said, "I am learning all the time. The tombstone will be my diploma."