

EXPLORING MY

WHITE PRIVILEGE

When was the first time you noticed race? How old were you?

Did you talk openly about race growing up? Were different races viewed in a positive or negative light? What messages were you given? How can you combat those learned beliefs now?

Describe a time you have experienced or witnessed discrimination--either personally or someone you know. How did it make you feel? If you have any regrets about your response, how could you have responded differently?

Have you ever felt racist? How could you move toward *unlearning* racism?

What is some language you have used in the past that may be hurtful or offensive to other races? Be honest with yourself.

List some bias' (subconscious or conscious) that you have.

Do you think we can overcome our bias'? if so, how? List specific steps you can take to do so.

In what ways do you think you have benefitted from white privilege?

What fears do you have regarding people who are racially different from you?

Explore where these fears come from. How can you unlearn these biased fears?

What is your game plan moving forward? What steps could you take today to educate yourself on the realities of racial inequality and justice?