SU President’s 21-Day Anti-Racism Challenge

Day 13: Reflection Questions

• What do you think the sources of implicit biases are for you and how can they be altered?

• Explore your experiences with and attitudes about difference by asking yourself these questions.

1. The first time I became aware of differences was when ...
2. As I was growing up, my parent(s) taught me that people who were different from us were...
3. As I was growing up, my parent(s) taught me that people who were like us were ...
4. A time I was mistreated because of my own difference was when ...
5. A time I mistreated someone for being different was when ...
6. I feel most comfortable when I am around people who ...
7. I feel least comfortable when I am around people who ...
8. The memories I have of differences affect my parenting by ...