

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 ...