

WRITING EXERCISES

Do a quick-write (ten minutes) about one of the circumstances below that you identify with and one that you don't. Include details such as where you were, who you were with, what you heard, and what you felt.

- » A time you were embarrassed or ashamed of your clothes, your house, or your family when growing up.
- » A time you started school where the language spoken was not your mother tongue.
- » A time you were ridiculed because of your race, ethnic background, or class background.
- » A time you were given less support than others in your family to pursue goals because of your gender identity.
- » A time you were hassled by the police because of your race or gender.
- » If you rarely see people of your gender, race or ethnicity in positions of power and leadership in government, mainstream social justice movements, and business.
- » If you commonly see people of your race or ethnicity on TV or in the movies in roles that you consider degrading.
- » A time your opinion was disregarded in the last six months, because of your race or gender.
- » A time you were worried about introducing a friend or partner to family or friends because of his or her sexual orientation.

Now do a quick write about:

- » A time you spoke up to defend the rights of someone who was not from your own racial or ethnic background.
- » A time you attended a cultural event that was not of your culture.
- » A time you inquired about or listened empathetically to a story of immigration, gender or racial harassment, or homophobia.
- » A hero that is not of your own ethnic or racial background.

Exercise adapted from Canada World Youth Anti-Oppression Training, 2010.