



Writing for Change

RAISING AWARENESS OF DIFFERENCE, POWER, AND DISCRIMINATION

1.3 Rating Your Behavior

Objectives

Explore the frequency with which students engage in behaviors that challenge or perpetuate “-isms.”

Uncover attitudes and feelings that affect likelihood of engaging in such behaviors.

Materials needed

Copies of handout

Time needed

Five to ten minutes

Instructor directions

Have your students rate the frequency with which they engage in the listed behaviors.

Afterwards, ask them to discuss reasons why they engage in those behaviors at that level, and what might contribute to lessening or increasing the frequency with which they do engage in them.

Variation

After they have rated their behaviors, have your students examine their responses for patterns. Did they surprise themselves in any regard? Are there any behaviors they would like to engage in less frequently? More frequently? How will they implement those changes?



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1.3 Rating Your Behavior Handout

Directions

Answer the following questions by rating your behavior on a scale of 1 (Never) to 5 (Always). Circle the appropriate answer.

How often do you:

	never				always
Interrupt someone who is telling a racial or ethnic joke?	1	2	3	4	5
Read about the achievements of people with physical or mental disabilities	1	2	3	4	5
Challenge friends expressing a gender stereotype?	1	2	3	4	5
Send emails to TV or radio stations that broadcast "news" stories with cultural or racial biases?	1	2	3	4	5
Examine your own language for unconscious bias or stereotypes?	1	2	3	4	5
Ask exchange students questions about their countries of origin?	1	2	3	4	5
Recognize compulsory heterosexuality in the media?	1	2	3	4	5
Volunteer your time for a cause you support?	1	2	3	4	5
Donate goods or money to shelters for battered women or homeless people?	1	2	3	4	5
Intervene when a person or group is sexually harassing someone?	1	2	3	4	5
Think about the definition of "rape"?	1	2	3	4	5
Truly appreciate a friend's differences from you?	1	2	3	4	5
Take the lead in welcoming people of color to your class, club, job site, or living situation?	1	2	3	4	5
Challenge the cultural expectation of slimness in women?	1	2	3	4	5
Protest unfair or exclusionary practices in an organization?	1	2	3	4	5
Ask a member of an ethnic group different from yours how that person prefers to be referred to?	1	2	3	4	5
Think about ways you belong to oppressor and oppressed groups?	1	2	3	4	5
Identify and challenge "tokenism"?	1	2	3	4	5
Examine your own level of comfort around issues of sexual orientation and sexual practices?	1	2	3	4	5
Celebrate your uniqueness?	1	2	3	4	5

Variation

After you have rated your behaviors, examine your responses for patterns. Did you surprise yourself in any regard? Are there any behaviors you would like to engage in less frequently? More frequently? How will you implement those changes?