

My Social Identities Portrait

1. In each row, read the social identity term in column 1 and write in column 2 whatever word(s) you used to describe yourself as a child and the words you use now. Then, circle the identities in columns 3 and 4 that apply to your life.

- You may not always have words to describe these identities. That's okay. Write down your best thought at the moment. Don't leave a section blank. You can always redo this as time goes on.

Social Identity	Description of Self		Groups Defined as the Norm; Recipients of Societal Advantages	Groups that Are Marginalized and Targets of Institutional Prejudice and Discrimination
	Childhood	Currently		
Ethnicity or heritage			European American "melting pot"	All other ethnicities, including indigenous peoples
Place of birth			Born in the country you now live in	Immigrant
Language			English	Home language other than English
Racialized identity			White	People of color; biracial; multiracial
Gender			Male	Female, nonbinary, transgender, etc.
Sexuality			Heterosexual	Asexual, bisexual, gay, lesbian, polyamorous, etc.
Religious beliefs			Christian or Christian tradition	Muslim, Jewish, Buddhist, Hindu, pagan, atheist, etc.
Age (currently)			Productive adults (ages 20-50 for women, 20-60 for men)	Children, adolescents, women over 50, men over 60
Education (currently)			College degree(s); Highly literate	High school education or less; struggle with literacy
Body type/size			Slim, fit; Medium height for women; Tall for men	Large, overweight; Very short or very tall
Able self (physical, mental, emotional health)			Healthy, Functional; No apparent disability	Any form of disability; physical, mental, emotional, learning, behavioral
Economic class			Middle to upper class	Poor or working class
Family structure			Male/female married; parents with one to three biological children	Unmarried; single parent; gay or lesbian parents; no children; divorced; adoptive, foster, or blended family; more than three children

2. Look at the pattern of circled identities and think about the following questions, then discuss a few of your insights with a partner.

- In what ways have you experienced either prejudice and discrimination or privilege and visibility because of these identities? What identities made life harder for you, and which ones opened doors?
- Which of your identities have had the biggest impact on you? In which identities do you feel the most pride?