“Chance at Birth” Exercise

Instructions:
1. Please DO NOT write your name anywhere on this sheet!
2. Below are a series of statements that may or may not apply to you. If the statement does apply to you, please use your yellow highlighter to highlight the appropriate instruction (i.e., step forward or step back). If the statement does not apply to you, no action is needed.
3. If you have any questions as you are working, please do not hesitate to ask. 😊

Statements
1. If your ancestors were forced to come to the United States, not by choice, please take one step back.
2. If you were ever called names because of your race, class, ethnicity, gender, religion, or sexual orientation, please take one step back.
3. If there were people of color who worked in your household as servants, gardeners, etc., please take one step forward.
4. If you were ever ashamed or embarrassed by your clothes, house, car, etc., please take one step back.
5. If one or both of your parents has a college degree, please take one step forward.
6. If you were raised in an area where there was prostitution, drug activity, etc., please take one step back.
7. If you ever tried to change your appearance, mannerisms, or behavior to avoid being judged or ridiculed, please take one step back.
8. If you studied the culture of your ancestors in elementary school, please take one step forward.
9. If there were more than 50 books in your house when you grew up, please take one step back.
10. If you ever had to skip a meal or were hungry because there was not enough money to buy food when you were growing up, please take one step back.
11. If one of your parents or guardians was ever unemployed or laid off, not by choice, please take one step back.
12. If you attended private school or summer camp when you were younger, please take one step forward.
13. If your family ever had to move because they could not afford the rent, please take one step back.
14. If you were ever discouraged from academics or jobs because of your race, class, ethnicity, ability, gender, religion, or sexual orientation, please take one step back.
15. If you were ever paid less because of your race, ethnicity, ability, gender, religion, or sexual orientation, please take one step back.
16. If your parent(s) or guardian(s) told you that you could be anything that you wanted to be, please take one step forward.
17. If you were ever stopped or questioned by the police because of your race, ethnicity, ability, gender, or sexual orientation, please take one step back.
18. If you were ever afraid of violence because of your race, ethnicity, ability, gender, or sexual orientation, please take one step back.
19. If you ever inherited money or property, please take one step forward.
20. If you were ever the victim of violence because of your race, ethnicity, ability, gender, or sexual orientation, please take one step back.
21. If you were ever uncomfortable about a joke related to your race, ethnicity, ability, gender, religion, or sexual orientation but felt unsafe to confront the situation, please take one step back.
22. If you were encouraged to attend college by your parent(s) or guardian(s), please take one step forward.
23. If you were ever offered a good job because of your association with a friend or family member, please take one step forward.
24. If your family owned the house where you grew up, please take one step forward.