

Exploring Identity

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STUDENT LIFE

Learning Objectives

By engaging in this activity, participants will...

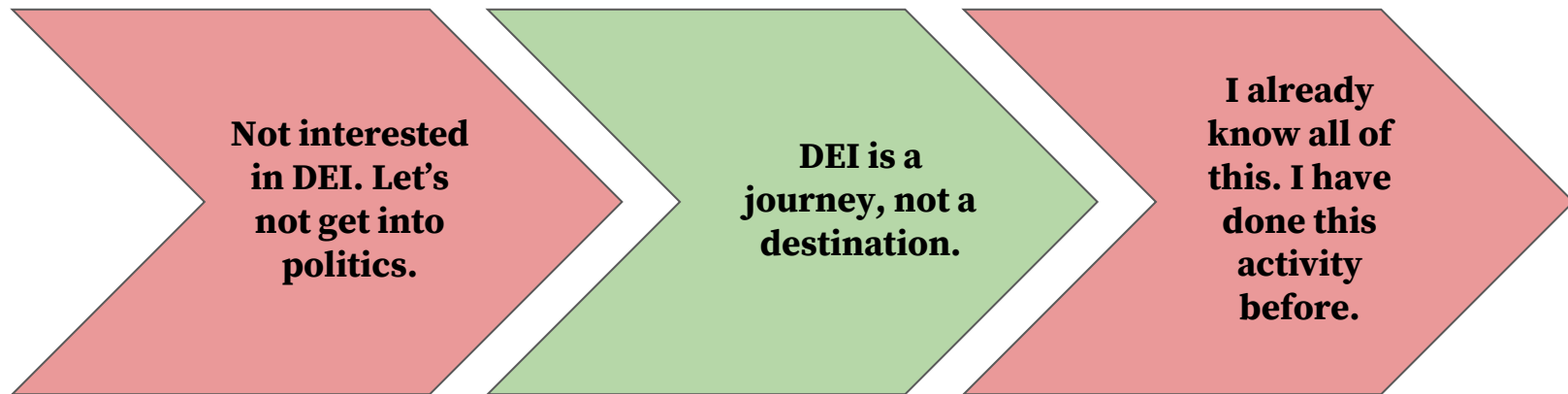
- » Deepen their understanding of identity and privilege.
- » Explore their own identities.
- » Understand how their identities impact their place in a group of people.
- » Identify one step to show understanding of privilege and identity to utilize after the workshop.



Community Agreements

- » Intent versus impact
- » Lean into discomfort
- » Move forward/move back
- » Use “I” statements
- » Confidentiality
- » Leave your cool cap at the door

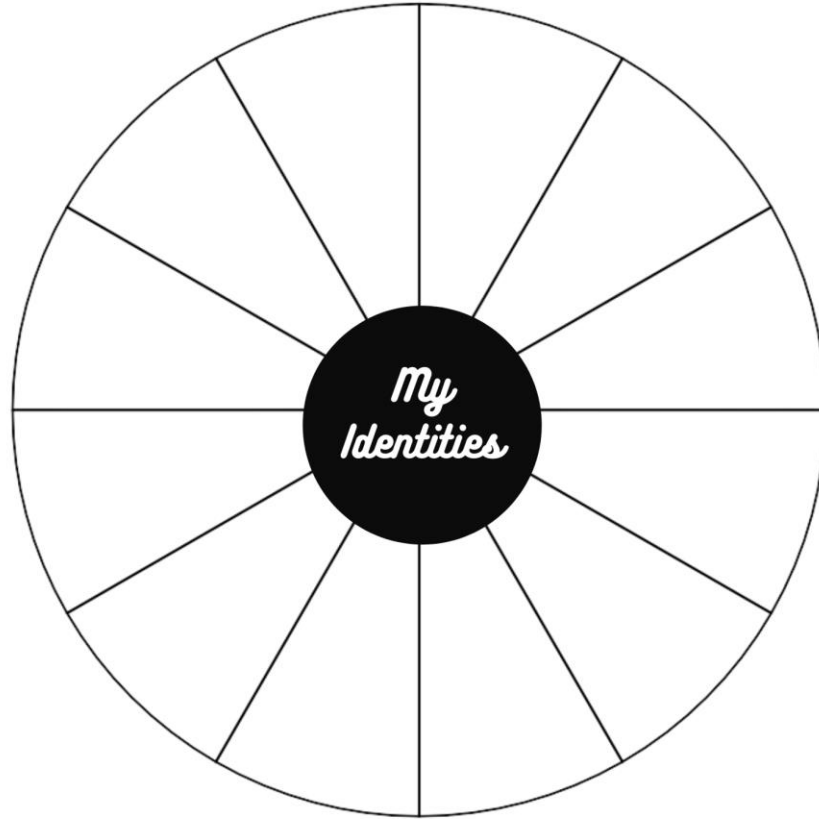
Group Learning



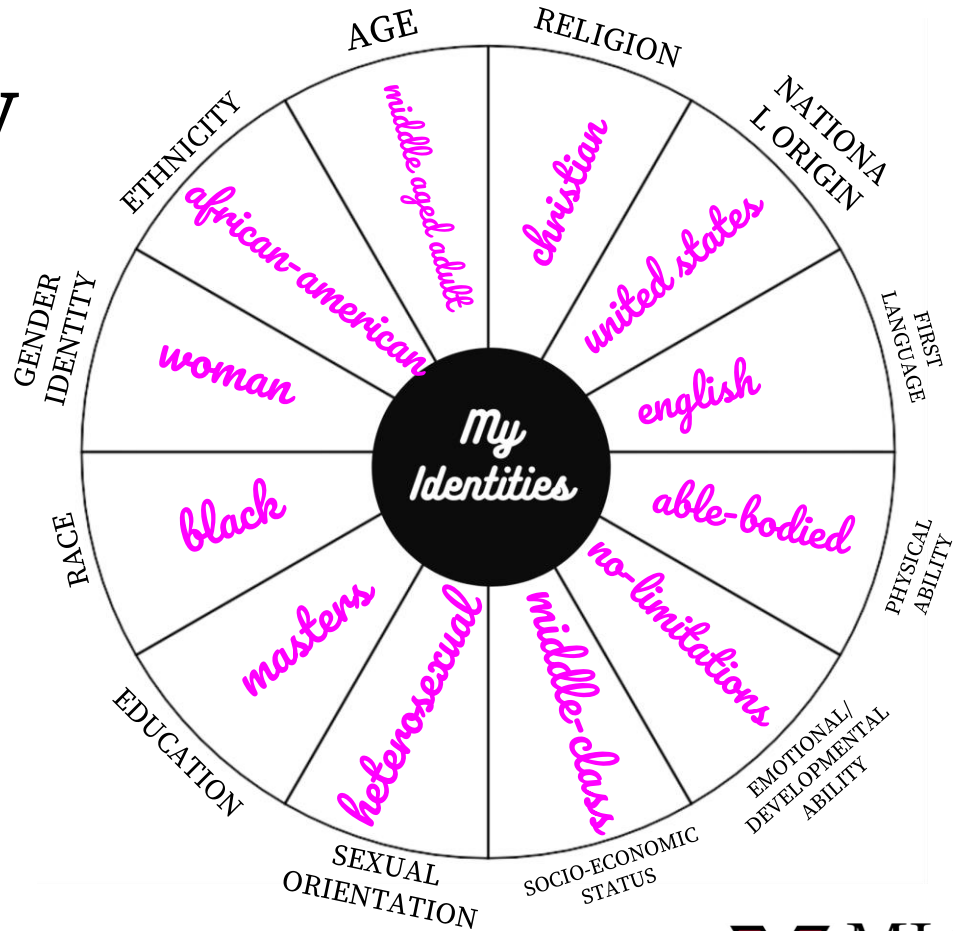
Definitions

- » **Personal Identities:** traits you develop about yourself over the course of your life. These are identities you get to choose, that makes you different from other people. Emphasis on the individual. (talents, interests, values, beliefs).
- » **Social Identities:** traits that represent who you are in relation to the larger part of society. A person grows to understand similarities and differences based on social interactions. Emphasis on the individual as a part of a larger community. (race, ethnicity, sexual orientation, gender identity, physical ability, developmental ability, education, sexual orientation, religion/spiritual association, age, nationality, socioeconomic status). This is the identity that we will focus on today.
- » **Privilege:** a special, unearned advantage granted to a person or a particular group.

Identity Circle



My Identity Circle

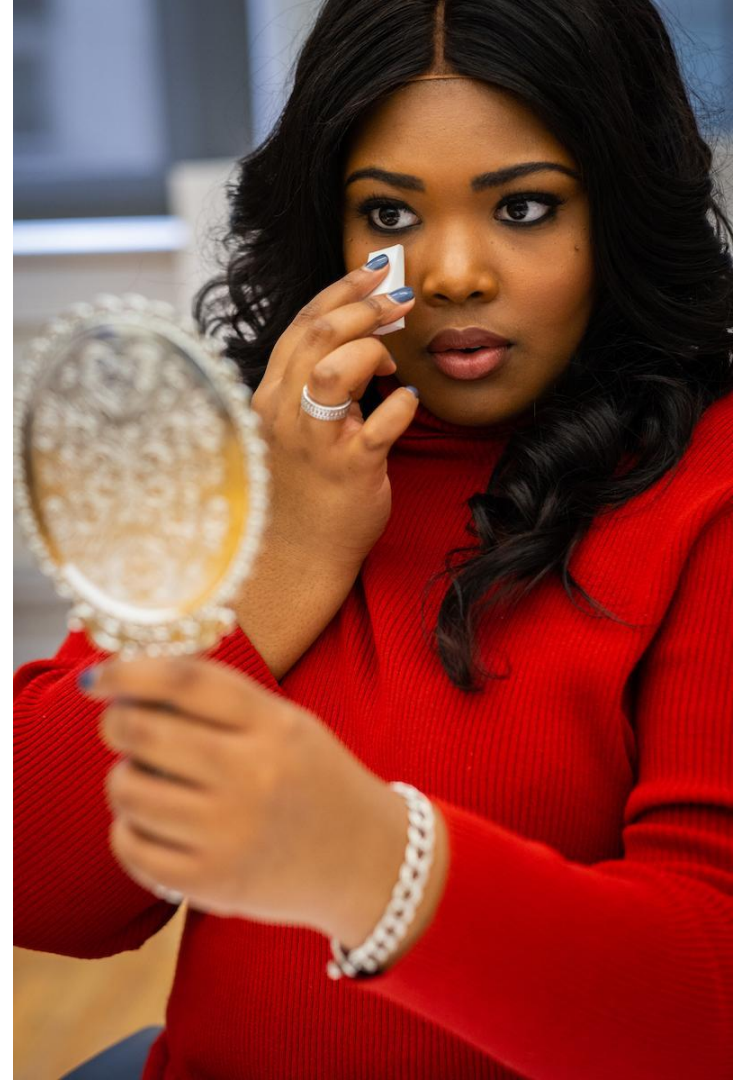


Examples

Social Identity	Examples (Not Limited To)
Sexual Orientation	Lesbian, Gay, Heterosexual, Queer, Bisexual, Pansexual, Asexual
Gender Identity	Transgender, Woman, Gender Queer, Man, Cisgender
Education	GED, some college, advanced degree, high school diploma
Socio-Economic Status	Poor, Middle-Class, Upper-Class, Working Class
Emotional/Developmental Ability	ADHD, Anxiety, Depression, No Limitations
Physical Ability	Living with a disability, Living with a chronic-illness, Able-bodied
First Language	Spanish, English, French, Chinese
National Origin	Japan, United States, England
Race	Black, Latinx, Native American, White
Religion/Spiritual Affiliation	Jewish, Christian, Muslim, Atheist
Ethnicity	African-American, Puerto Rican, Irish, White

Discussion 1

- » Which aspects of your identity feel especially meaningful to you and why?
- » Which aspects of your identity don't feel as meaningful to you and why?
- » Are there any that you hadn't thought of before today, and if so, why do you think that is?
- » Why do you think more about some of your identities than others?
- » How do your identities influence your sense of belonging in the Miami community and other groups that you're apart of?



Privilege





Discussion 2

- » What aspects of your identity presents privilege?
- » Have you thought about your privilege in society before today?
- » What is your comfort level in confronting your own privilege or the privilege of others?
- » What are some ways you could use your privilege to bring awareness to marginalized issues?

Discussion 3

- » What aspects of your identity show up in this group?
- » What aspects of your identity show up in the larger Miami community?
- » How does identity factor in for potential new members?



Action Steps

- » Never assume someone's identity
- » Recognize your identity as you show up in different spaces
- » Ask for permission to understand
- » If someone is comfortable enough sharing or exploring their identity with you, listen and learn how to be a better person for them

Reflection

What is one **specific** step you will take as a result of this activity?



Thank You

