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Age + Race = My Intersecting Identities of Privilege and Oppression

This exercise explores your differing identities as related to age and race.

Write a little about how you think your age identity intersects with your race. Note your privilege and oppression identities related to adultism and ageism.

How do you think others perceive your age intersecting with your race?

How do you think you perceive the age of others intersecting with their race?

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As you work to reduce adultism and ageism—either as a White person by using your racial privilege or as a person of color by using your own and others’ experiences of racism—what experiences, knowledge, or understandings do you need to keep in mind in terms of your age intersecting with your race?

Adapted from: *The Racial Healing Handbook: Practice Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing* by Anneliese A. Singh