## humantold

## **Identifying Your Earliest Memories of Race and Racism**

To understand how racism works, it's important to know about your racial identity and your racial identity development. This activity is centered around understanding your early memories of your racial identity.

Think back to the earliest time you realized you had a racial identity. It's okay if you don't remember all the exact details. Describe as much as you can about that experience here.

What did this experience teach you to think about your own race? Write about those *thoughts* here.

Thinking about this earliest time you realized you had a racial identity, write about the *feelings* you have as you remember this experience here.

## humantold

Reflect on your earliest memories of your own race and racism. List the things you needed to know to understand race and racism in a more complete way.

1.	
2.	
3.	
4.	
5.	

How would knowing these things have changed your earliest memories of race and racism?

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