



# humantold

Next, rate yourself on the degree of knowledge you have about the history of racism for the various racial groups below. Use this rating scale:

1 = I know a lot.    2 = I know some things.    3 = I know very little.

- \_\_\_\_\_ Alaska Natives/First Nations/Indigenous Peoples/Native Americans
- \_\_\_\_\_ Asian/Pacific Islander Americans
- \_\_\_\_\_ Black/African Americans
- \_\_\_\_\_ Latinx/o/a/@/Hispanic Americans
- \_\_\_\_\_ Middle Eastern Americans
- \_\_\_\_\_ White/European Americans

Then, respond to the prompts below:

Which groups did you rate most highly with a 1? What do you know and how did you come to learn so much about the historical roots of racism for these groups?

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Which groups did you rate the least highly with a 3? What might be some next steps for you to take to learn more about the historical roots of racism for these groups?

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Were there any groups you rated 2? If yes, how can you increase your knowledge of these groups to a 1?

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How did you rate your own racial group? What are the knowledge gaps you can address?

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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