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## **Race, Dating, and Intimate Relationships**

Take a moment to consider your history with attraction, dating, and intimate relationships, and answer the questions below.

Growing up, what messages or stereotypes did you learn (from family, friends, schools, media) about dating and intimate relationships when it came to your race and the race of others?

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Who was the first person to whom you remember being attracted? Was their race different from or similar to yours?

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Over the course of your dating and intimate relationships, have you tended to date within your own race or outside of your race? Why do you think that is?

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If you are White, how has your racial privilege shown up in your dating and intimate relationships (e.g., were you aware of or oblivious to your race and others)? If you are a person of color, what types of messages have you internalized about who you can and can't date or be in relationships with?

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When you think of the racial patterns you have had in dating and intimate relationships, what are the top three patterns you would like to shift?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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