

# humantold

## Social Identity Exploration Activity

This resource explores broad categorical identifiers that may apply to us and the role they have in our lives.

This is not an exhaustive list (feel free to add your own), but this list has identifiers that are important or prominent at different times or contexts. Such as some afford us a degree of power or privilege, while others make it more difficult to do certain things. Usually, this is very nuanced with some situations offering privileges while constraints in another.

### Some identifiers:

- Race
- Ethnicity
- Religion
- Gender identity
- Sexual orientation
- Marital status
- Parental status (Any children?)
- Age
- Physical ability
- Immigration status
- Socioeconomic status
- Education
- Other:  
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- Other:  
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### Exploratory Questions:

1. Which 3 identifiers (of all that apply to you) are the most important to you?

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2. Which one of these identities do you think about most often?

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3. Which ones do you never think about?

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4. Which ones do you want to learn more about?

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5. Which one impacts how you view yourself the most?

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6. Which one do you think impacts how others view you?

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If you would like to get specific:

7. What kinds of power and privilege, if any, does each afford you? In what contexts?

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8. What kinds of constraints, if any, have come along with each? In what contexts?

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There are many more questions to explore with identities. What were some major takeaways?

What questions do you still have?

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