

The journey to intercultural competence and allyship begins with self-reflection. This self-reflection should include thinking about your own identity and experiences. Too many times when race and racism are discussed they are separated from an individual's own experience. This AllyAsk provides you the opportunity to spend time thinking about your racial identity.

- ▶ How would you classify or identify your race?
- ▶ Do you believe, or experience, your race as a significant part of your identity?
- ▶ Do you think that your race is important in understanding who you are?
- ▶ How do you believe other people view or see your race?

Reflection Questions

- ▶ What was it like to answer these questions?
- ▶ What made you uncomfortable?
- ▶ What is your biggest takeaway from thinking about your race and your racial identity?