

Self-Assessment of Non-Discriminatory Behavior

Directions:

1. Rate yourself on the following questions. Be honest!
2. When you finish, make a list of areas you think need improvement.
3. Create specific goals for becoming more non-discriminatory

Rate yourself using a rate scale from 1 (lowest) to 5 (highest)

- _____ 1. I educate myself about the culture and experiences of other Racial/religious/ethnic/economic groups by attending workshops, cultural events, reading, etc.
- _____ 2. I think about how I was raised to analyze where and how I received racist, sexist, and heterosexist or other prejudiced messages.
- _____ 3. I look at my own attitudes and behaviors as an adult to determine how I am colluding with or combating racism in our community.
- _____ 4. I evaluate my own use of language to see if I use terms or phrases that are degrading or hurtful to another group
- _____ 5. I avoid stereotyping and generalizing about persons based on their group identity.
- _____ 6. I am aware of, and can explore and discuss with comfort, issues of racism.
- _____ 7. I am open to having someone of another race point out ways in which my behavior may be insensitive.
- _____ 8. I give equal attention to all my staff whom I supervise or work directly with regardless of race, religion, socioeconomic class, or physical ability.
- _____ 9. I am comfortable giving constructive criticism to someone of another group.
- _____ 10. I consciously monitor TV programs, newspapers and advertising for biased content.
- _____ 11. I monitor the environment in my home, my workplace, my house of worship and my children's school for multicultural visuals and request such materials if they are lacking.
- _____ 12. I feel free to ask persons who are using discriminatory language and behavior to refrain, and am comfortable explaining why.
- _____ 13. I am actively anti-racist in my personal life by supporting letter writing campaigns, boycotts and other means of achieving equity.