

## **Spectrum Activity Questions**

Ask participants to consider their multiple identities. You might have them fill out a social identity and/ or personal identity wheel to begin. Place newsprint around the room each listing a social identity category such as race, ethnicity, gender, sex, sexual orientation, religion, social class, ability status, nationality, first language, etc. Then read off 5-6 of the following questions. Have participants move to the newsprint that most clearly helps them answer the question. Participants should discuss with others who went to the same category about why they moved to that space. Then read the next question. Large group share out at the end.

1. What part of your identity do you think people first notice about you?
2. What part of your identity are you most comfortable sharing with other people?
3. What part of your identity are you least comfortable sharing with other people?
4. What part of your identity are you most proud of?
5. What part of your identity did you struggle the most with growing up?
6. What part of your identity is the most important to you?
7. What part of your identity is least important to you?
8. What part of other people's identities do you notice first?
9. For what part of your identity do you feel you face oppression for most often?
10. For what part of your identity do you feel you receive privilege for most often?
11. For what part of your identity do you feel least comfortable with at your organization?
12. Your own identities you would like to learn more about.
13. Identities that have the strongest effect on how you see yourself as a person.
14. What part of your identity do you see having the most effect on your interactions with constituents?
15. What part of constituents' identities do you most often see effecting their interactions with you?
16. What part of your identity do you see having the most effect on your interactions with co-workers/peers?

A circular graphic organizer with a central area for text and an outer ring of labels. The central area contains the text "Three Adjectives to Describe Yourself" followed by three numbered lines (1., 2., 3.) and a horizontal line labeled "Name". The outer ring is divided into ten segments, each with a label: "Number of Siblings", "Birth Order", "Favorite Music", "One Skill you are Proud of", "Favorite Movie", "Favorite Book", "Favorite Food", "Favorite Hobby", "Favorite Color", and "Personal Motto".

Number of Siblings

Birth Order

Favorite Music

One Skill you are Proud of

Favorite Movie

Favorite Book

Favorite Food

Favorite Hobby

Favorite Color

Personal Motto

Three Adjectives to Describe Yourself

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Name

