

Walk a Mile

(Revised)

Goals	Gain a better sense of the group as a whole, dialogue around social identity and how they relate to real life experiences
Time	45 minutes
Number of participants	15 or more (definitely not under 10)
Preparation	Open space set up in the room

Form a large circle with the group. The Facilitator reads each statement from the list. Participants are instructed to step into the circle if the statement applies to them. After all questions have been read, use the discussion questions to guide dialogue.

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(revised 4/5/19)

1. My family took a vacation outside of my home country while I was growing up.
2. I was expected to attend school or work on my religious holidays.
3. I can travel hand in hand with my partner in most communities that I want to go to without being afraid of being harassed or attacked.
4. I have been physically harassed because of my gender expression, race, religion, ethnicity, ability, or sexual orientation.
5. I didn't rely on scholarships to help me pay for college.
6. I can look in the mainstream media and find people of my race, ethnicity, sexual orientation, gender, or religion represented fairly and in a wide range of roles.
7. There are dimensions of my identity that I have to hide from most people in order to feel safe.
8. I grew up in a home owned by my family.
9. If the authorities stop me, I can be sure that I haven't been signaled out because of my race, ethnicity, or religion.
10. If I want to worship with others who practice faith similarly to me, I can easily do it.
11. I can be sure that I got into college without people thinking that I got in because of my class or because of my race.
12. I am the first generation of my family to go to college.
13. I don't have to worry about my physical protection on a daily basis.
14. I have felt pressured to alter my appearance, mannerisms or language to avoid being judged based on my race, ethnicity, sexual orientation, or gender expression.
15. I can go to a store near my home or work and easily find the kind of hair and/or cosmetic products I want.
16. I do not have a physical, psychological, developmental, or learning disability.
17. I have attended private school.

18. I had to skip a meal or I was hungry because my family did not have enough money to buy food when I was growing up.
19. In my community, I can talk about my relationship without having to think about how I will refer to my partner.
20. Myself or many of my ancestors did not migrate to the USA or migrate within the USA voluntarily.
21. I studied the history and culture of my ethnic ancestors in elementary and secondary school.
22. I was raised by my parents.
23. I have never had to tell anyone my sexual orientation (I have never had to 'come out')
24. I have never felt judged because of the size or shape of my body.
25. The people in power in my city look like me.

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For Discussion:

1. How did you feel when you heard the statements? What up for you?
2. How did it feel to step into the circle, and how did it feel to be left standing?
3. Did anything surprise you? Did you notice anything new or different about yourself or the group?
4. What have you learned from this activity? Share any insights or reflections if you're comfortable.
5. What are you left feeling / thinking about after doing this activity?
6. Which statements were particularly striking to you?
7. What surprised you or was unexpected? What did you learn about yourself or about the group as a whole that you didn't know?

Facilitator Tip:

Encourage participants to *feel* their feelings without judgement; remind that all feelings and experiences are OK. Avoid labeling an experience as "good/right" or "bad/wrong," and allow people to just *be* with whatever arises for them.