

# Exercise - Your Experiences

How many can you identify with?

I cannot easily buy books,  
toys, posters and movies  
featuring people of my  
ethnicity

I have lived in poverty

I have been scared when  
walking or travelling alone  
at night

I am often asked to speak  
on behalf of my community

My appearance or looks  
draw attention

I have experience with  
bullying/unwanted  
behavior

I have been a caregiver for  
family members or friends

I have questioned my  
gender identity

I have had to hide my  
religion

People often mispronounce  
or misspell my name

I have questioned my  
sexual orientation

I had to leave work because  
of my kids and it was  
frowned upon

I have experience with  
disability, chronic illness or  
mental health disorders

I am the first one in my  
family going to university

