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## **Resilience Practice:** How Much Do I Know About My Own Identities?

The aim of this resilience practice is to start to name some of your various social identities. Sexual orientation and gender identity are included on this list so you can get a sense of how much you know about these two identities in relation to some of your other social identities. Write to the left side of the statement whether you “agree” (A), “somewhat agree” (SA), or “disagree” (D) that you know about the identity for you:

\_\_\_\_\_ Ability (emotional, physical, developmental)

\_\_\_\_\_ Age

\_\_\_\_\_ Geographic region

\_\_\_\_\_ Gender

\_\_\_\_\_ National origin

\_\_\_\_\_ Race or ethnicity

\_\_\_\_\_ Religion or spirituality, agnosticism, atheism

\_\_\_\_\_ Sexual orientation

\_\_\_\_\_ Social class

What did you notice as you went through this list of your social identities? Did you agree that you had more knowledge about some of your identities and not others? How might our own confidence or lack of knowledge about our own identities help us reflect on our students’ identity knowledge? Even for the social identities that you agreed you know a good deal about, there may still be more to learn in relation to increasing your resilience.