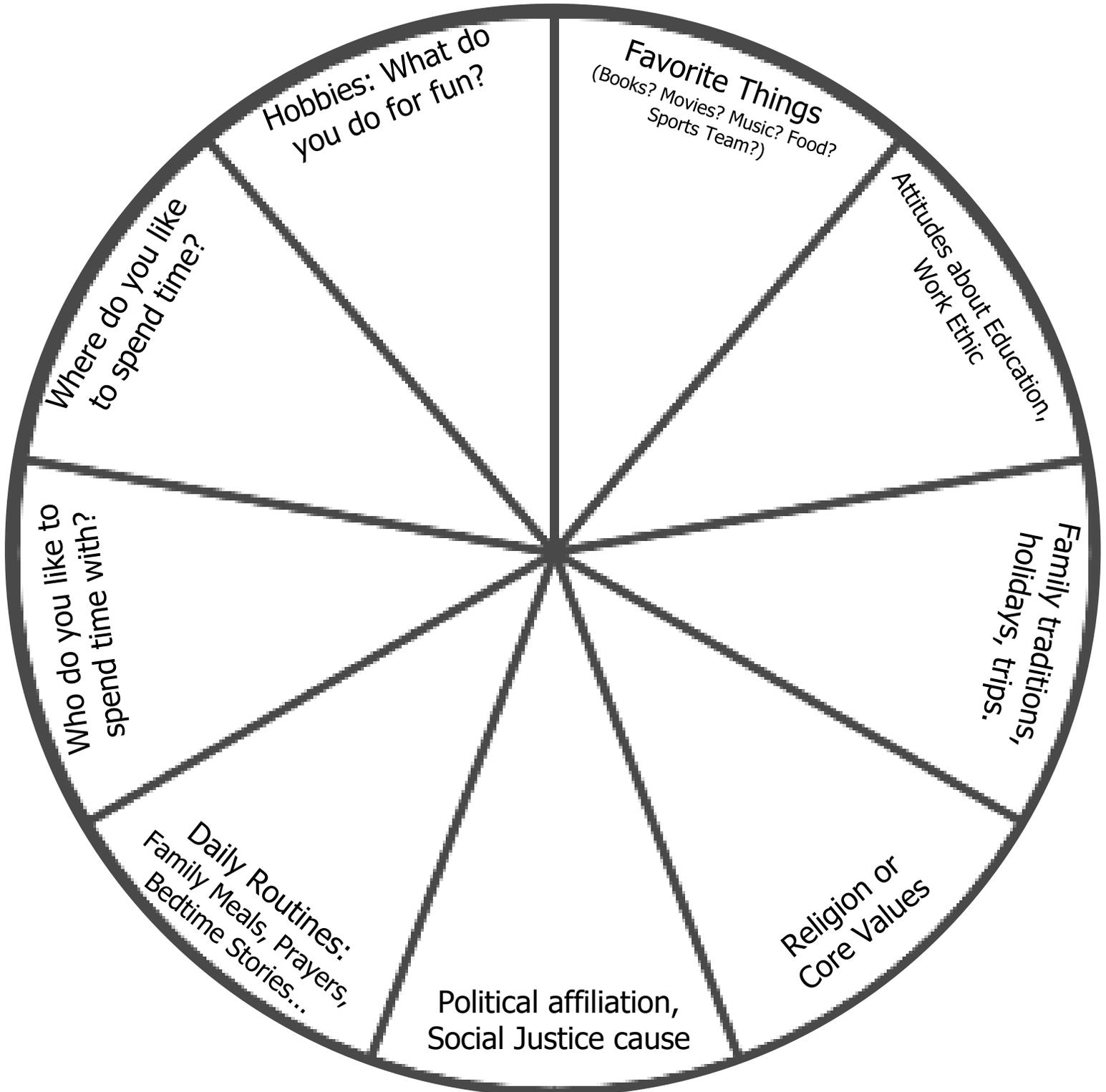


What Makes Your Family Unique?

What defines your family? What are the aspects of your values, daily routines, traditions and activities that are most important to your image of who you want to be as a family?

On each slice, write a description or adjectives or sketches that captures that part of who you are or write examples that illustrate it. For example: Seahawks fans, artists, queer, Disney aficionados, geeks, Muslim, skiers... Feel free to make this your own—scribble out categories you don't care about, add in new ones...

This sheet is just for your personal use—you won't be required to show it to anyone else.



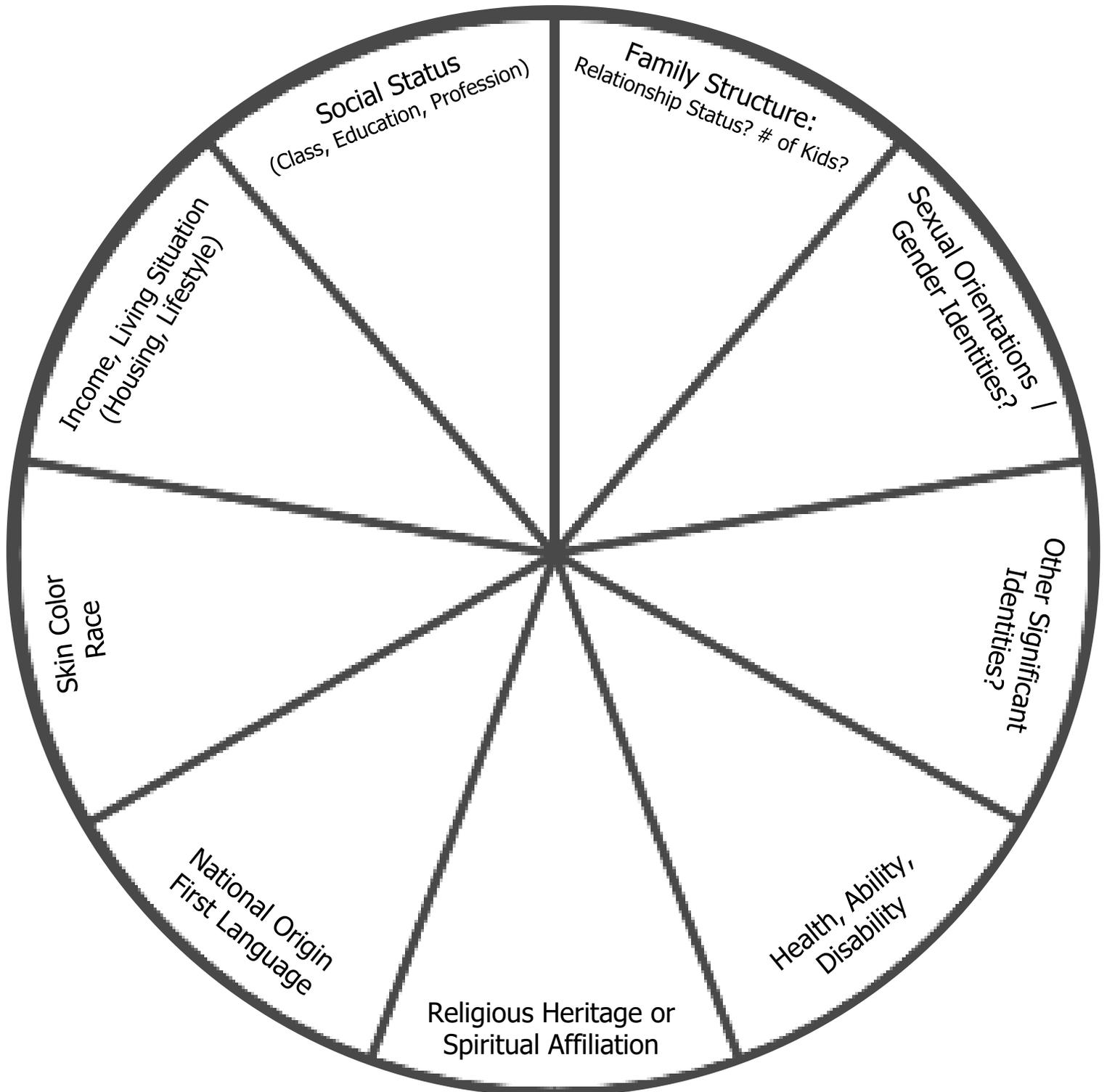
Social Identity Wheel

Our personal identity is *how we see ourselves*. But we also have larger groups we belong to. Some of these may be essential to our views of who we are—some may not seem important to us. Our social identities can impact *how other people treat us* or what assumptions they may make about our family, and that can impact where we feel safe, where we feel like we belong, where we are listened to, and more.

What groups / categories do *you* feel that you belong to? Who do *other* people think you are as a family?

Write in each slice some labels you might give yourself or labels others might use to describe your family.

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Reflecting on Social Identity Wheel

Now that you filled out your social identity wheel, let's think some more about it.

Do others know you have this identity? Go back to your wheel, and add symbols to each label for:

V = Visible (obvious to others); **G** = Guessable (if someone spends any time with you, they'll likely figure this out) **I** = Invisible (you can conceal it unless you choose to reveal it)

Visible identities have a big impact on us and how we're treated. So do invisible identities... Being able to hide a marginalized identity can protect you from discrimination, but that means hiding part of yourself and keeping quiet when others speak of that identity. How does that / would that feel to you?

How often do you think about this identity? Add a symbol to each label.

! = I think about this identity a lot; **?** = I don't think about this identity often

Why do you think about some identities often? Why don't you (have to) think about others often?

What has the biggest effect on how others see your family and on how you see yourselves?

Circle two identities that have the strongest effect on how you see your family.

Draw an arrow pointing at two identity(ies) that most affect how others see you and what assumptions they make about your family.

Think about how these identities have affected your family or could affect you in the future. How might your life be different if you had different identities? Think about how other's life experiences might be different than yours based on how these identities are different than yours.

Are the majority of your identities those that are typically more privileged in our society, or are the majority of your identities those more likely to create challenges? What impact does that have? How might another person's life experience be different than yours if their balance of identities is different?

As a parent, you help shape your child's identity—their view of who they are as a person. Your daily routines, weekly rituals, holiday celebrations and other ways you spend your time tell them about your family's identity and values. You also help them understand how other people respond to them and why. Reflect on how you will communicate about this. Write some of your thoughts on the back of this page.