



## **Anti-Racism Self Assessment**

### **Self-Knowledge & Anti-Racism**

#### **Why Is Self-Knowledge Important?**

For authentic relationships among people of color, Indigenous people and White people, self-knowledge is necessary to help individuals understand their relationships to race, racism, culture and difference. Moreover, it helps individuals become aware of how they may consciously or unconsciously perpetuate biases that may, inadvertently contribute to the perpetuation of racism through their assumptions, beliefs and behaviours. Take the quick assessment below to determine where you are in your anti-racism self- acknowledgement journey and areas for growth.

<b>Self Knowledge Area</b>	<b>Reflection</b>	<b>Reflection Rating (Yes/Unsure/No)</b>
<b>Autobiography</b>	I have a good understanding of my ethnic and racial background.	
	I feel I have a good understanding of the ethical and racial background of friends and family.	
	I have felt <u>racialized</u> or observed someone close to me being racialized?	
<b>Assumptions</b>	I feel that I have a good grasp of my racial biases and assumptions.	
	I feel that this knowledge has not influenced how I have interacted with people in general.	
	If I were faced with a situation where I discovered my assumptions were incorrect, I would change my behavior.	
<b>Action</b>	I feel I have a good understanding of what does Anti-racism means.	
	I feel that engaging in anti-racism behaviour is important.	
	I believe that I engage in anti-racism behaviour in my daily life.	

**Growth** - If you more than three “unsures” or “nos” – there may be a need to build additional self - knowledge around anti-racism through education, member engagement and equitable criteria community investment strategies. Need more information – go to [Rotary District 7820 \(rotary7820.com\)](http://rotary7820.com).