

Self-Assessment of Anti-Racist Behavior

Rate yourself to indicate to what degree you take action on the items listed below.

Questions	Regularly	Sometimes	Rarely	Never
	4	3	2	1
1. I educate myself about the culture and experience of other social identity groups— including blacks, Asian Americans, Latinas/Latinos/ and Native Americans—by actively attending classes, workshops, cultural events, reading, talking to people, and so forth.				
2. I spend time reflecting on my own childhood to analyze where and how I received racial messages.				
3. I look at my own attitudes and behaviors to determine how I am colluding with racism in society.				
4. I evaluate my use of language to see if I am using terms or phrases that are subtly racist or reinforce unequal status between people of other social identity groups and my white identity group.				
5. I avoid stereotyping and generalizing about people based on their race.				
6. I value cultural differences and avoid statements such as “I never think of you as black,” which discredits human differences and cultural heritage.				
7. I am aware of and can explore and discuss with comfort diversity issues, including racism.				
8. I am open to having others point out ways in which my behavior may be racist or colludes with racism.				
9. I am comfortable interacting honestly with someone of another race and willing to discuss issues of racism with him or her.				
10. I consciously monitor TV programs, newspapers, and advertising for racist content.				
11. I feel free to ask people who are using racist language and behavior to refrain from doing so in my presence a dam comfortable stating my reasons.				
12. I am willing to be active in my congregation, workplace, and community to achieve inclusive and anti-racist environments.				
13. I actively support anti-racist political action by campaigning for anti-racist candidates, participating in letter-writing and other political efforts, and supporting anti-racist legislation.				
14. I am satisfied with my current level of actions in challenging racism.				
Total score				