

Are You A Change Agent?

Rate Your Behavior

Directions

Answer the following questions by rating your behavior on a scale of 1 (Never) to 5 (Always). Circle the appropriate answer.

How often do you:

	Never				Always
Interrupt someone who is telling a racial or ethnic joke?	1	2	3	4	5
Read about the achievements of people with physical or mental disabilities	1	2	3	4	5
Challenge friends expressing a gender stereotype?	1	2	3	4	5
Send emails with cultural or racial biases?	1	2	3	4	5
Examine your own language for unconscious bias or stereotypes?	1	2	3	4	5
Ask ethnically diverse employees questions about their countries of origin?	1	2	3	4	5
Recognize compulsory heterosexuality in the media?	1	2	3	4	5
Volunteer your time for a cause you support?	1	2	3	4	5
Donate goods or money to shelters for battered women or homeless people?	1	2	3	4	5
Intervene when a person or group is sexually harassing someone?	1	2	3	4	5
Think about the definition of "rape"?	1	2	3	4	5
Truly appreciate a friend's differences from you?	1	2	3	4	5
Take the lead in welcoming people of color to your department or community?	1	2	3	4	5
Challenge the cultural expectation of slimness in women?	1	2	3	4	5
Challenge diminutive assumptions assigned to particular age groups?	1	2	3	4	5
Ask a member of an ethnic group different from yours how that person prefers to be referred to?	1	2	3	4	5
Think about ways you belong to oppressor and oppressed groups?	1	2	3	4	5
Identify and challenge "tokenism"?	1	2	3	4	5
Examine your own level of comfort around issues of sexual orientation and sexual practices?	1	2	3	4	5
Celebrate your uniqueness?	1	2	3	4	5

Variation

After you have rated your behaviors, examine your responses for patterns. Did you surprise yourself in any regard? Are there any behaviors you would like to engage in less frequently? More frequently? How will you implement those changes?