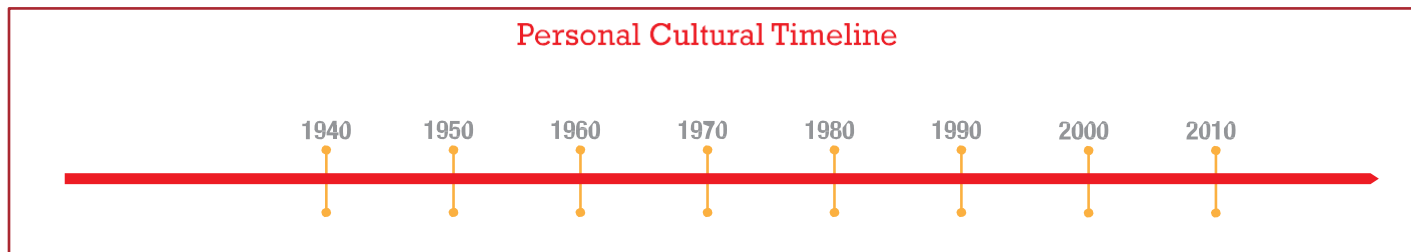


## Personal Timeline: Becoming Aware of Whiteness

The goal of this activity is to reflect on experiences that have shaped your understanding of being considered White. Understanding some of the messages you have received about whiteness can help us better recognize dynamics that uphold systemic racism. Notice some of the thoughts, feelings, and memories that arise as you reflect on the following questions:



**First**, working independently for about 15 minutes, note on the timeline a few significant events or experiences you remember most as impacting how you have thought about being considered White. It can be a personal, professional, national, or global event.

*Prompting questions for meaningful memories and reflections:*

- When was the first time you realized you were considered White?
- What were you taught growing up about people of other races?
- What are your earliest memories of interacting with people of a different race than you?
- Where and when did you first experience or witness an act of racism?
- Where and when was the first time you intervened during an act of racism?
- What significant events in your life have led you to think, feel, learn, and reflect on the impact of being considered white?

**Second**, note any emerging themes—what does your timeline tell you about your own journey?

**Finally, in your small groups**, take about 10 minutes to share one event you wrote on your timeline. How did the event leave you thinking, feeling or reflecting? How did that event shape who you are today?