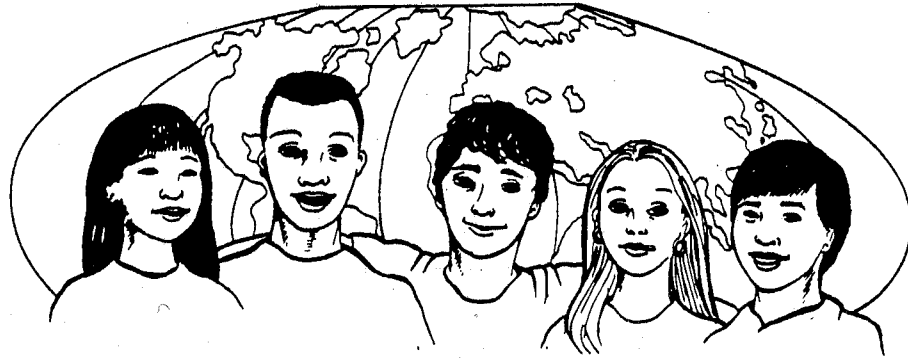


WHO AM I? A HUMAN BEING

Are there ever times when you feel as though you are not accepted by other people? What does this do to your self-image or self-esteem? Do you feel that you have to be of a certain background or have certain physical attributes in order to "fit in"? How fair is it that you have to even think about whether someone else approves of your very existence?



Everyone is worthy of acceptance, respect, and consideration by other people. Since not everyone receives these things, those who feel rejection or invalidation must begin the processes of self-acceptance, self-validation, and self-education. Think about your point of view on human beings rejecting each other and begin planning a solution that you will share with diverse groups of people. Higher levels of self-esteem will result from personal investigation and sharing of findings with others. Based on these ideas and your own experiences, respond to each item below:

1. People of mixed racial, religious, ethnic, or cultural origins want to be validated by their fellow human beings. If you or members of your family are racially, religiously, ethnically, or culturally mixed, describe specific aspects of this blending and the beauty of it. Include information regarding how these things confirm or validate your existence. You may also note invalidation or pain experienced, if you wish.

2. Some people like to be identified by their racial, ethnic, cultural, or religious heritage. Others do not want these labels and only want to be known as human beings. Describe your aversion to or acceptance of labeling.

NAME _____ DATE _____

3. Describe some of the benefits of being human despite one's specific racial, ethnic, religious, or cultural combinations.

4. Describe some of the benefits of being YOU because of or despite your racial, ethnic, religious, or cultural origins. Include attributes that transcend labels in your comments.

5. Discuss specific contributions that you are currently making to society or that you plan to make to society. Indicate whether your multiracial/multiethnic heritage enhances the skills or talents you possess. Write your message to society and share it with another person, a family, or members of the larger community. After writing your message, think about ways that you might accelerate your efforts to change societal attitudes towards intercultural relations. Write your message to society in a notebook or on the computer. Consider using the title below:

MY PERSONAL MESSAGE TO SOCIETY

THINK ABOUT THIS!!!

There are no pure races of human beings. Everyone is mixed, so where is the logic in racism, prejudice, and stereotyping? Accelerate your efforts to raise the level of awareness of others to these truths. Try some of these things:

WRITE A POEM • DESIGN A T-SHIRT • DRAW A PICTURE • INVENT A GAME
WRITE A SLOGAN • RUN FOR POLITICAL OFFICE • ORGANIZE A GROUP VISIT TO THE
SCHOOLS • WRITE A BOOK • WRITE A LETTER TO THE EDITOR • START A THEATER
GO ON A LEGITIMATE TALK SHOW • PLANT "GOOD SEEDS" IN THE COMMUNITY
OTHER _____ • OTHER _____