

Humanizing Bias

Use this worksheet to reflect on your first thoughts related to different identity groups. Be as honest as possible, recognizing that many of our first thoughts stem from our childhood and our goal within this lesson is to humanize bias.

What are some of your first thoughts regarding...

Class/socio-economic status (Classism)

Race or racial identity (Racism)

Societal expectations of the binary gender (male, female) (Sexism)

Age (Ageism)

Mental health (Saneism)

Sexual orientation and/or sexuality (Heterosexism)

Ethnicity or nationality, including language (Ethnocentrism)

Physical appearance; i.e., clothing, tattoos, hairstyle (Lookism)

Gender identity (cisgender/transgender/non-binary) (Cisgenderism)

Physical and/or intellectual ability (Ableism)

Size (height and/or weight) (Sizeism)

Religion or religious beliefs (Religious Imperialism)

Status (title, professional affiliation, etc.) (Ellitism)

Political beliefs (Politicism)

Family structure (Familialism)