



Handout

Talking About Race is...

Talking about race can be difficult for some people and very easy for others. Take a look at the scale below and respond to the questions based on how you feel.

- 0 = I would rather not talk about race/racism.
- 1 = I am very uncomfortable talking about race/racism.
- 2 = I am usually uncomfortable talking about race/racism.
- 3 = I am sometimes uncomfortable talking about race/racism.
- 4 = I am usually comfortable talking about race/racism.
- 5 = I am very comfortable talking about race/racism.

On a scale of 0-5, how comfortable are you talking about race? Explain.

0 1 2 3 4 5

On a scale of 0-5, how comfortable are you talking about racism? Explain.

0 1 2 3 4 5