**I Am, But I Am Not**

**Low stress**

**In-person & online**

Suggested use:

This activity would be used best as a “beginning activity,” where individuals can begin discussing presentation themes.

Suggested instructions:

In-person:

1. Hand out a copy of the activity to all participants.
2. Read the instructions together.
3. Split the participants into groups of 5.
4. Participants should be given an allotted time (10 minutes) to complete the activity individually.
5. When time is up, have participants to share two of their answers with their groups.
6. Then, within their groups, have participants discuss:
   1. Where did we learn these stereotypes?
   2. How can we reduce them?
   3. What role to we play in reducing stereotypes?
7. Return to whole group, and ask:
   1. How did you choose which identities to share?

Online:

1. Provide the handout in advance via email to participants.
2. Instruct participants to open the document.
3. Read the instructions together.
4. Split participants into groups of 5 in breakout rooms.
5. Participants should be given an allotted time (10 minutes) to complete the activity individually.
6. When time is up, have participants to share two of their answers with their groups.
7. Then, within their groups, have participants discuss:
   1. Where did we learn these stereotypes?
   2. How can we reduce them?
   3. What role to we play in reducing stereotypes?
8. Return to whole group, and ask:
   1. How did you choose which identities to share?

See attached handout.

**I Am, But I Am Not**

*Instructions: Write at least five “I am, I am not” statements in the columns below. An example could be, “I am Asian, but I am not good at math.” Take the opportunity to introduce your identity and dispel any stereotypes associated with it.*

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| **I AM** | **I AM NOT** |