

Moment from Your Life: Identity Saliency

From the 826 Digital lesson: Identity Statements

Answer the questions below to consider the many different parts of your identity.

1. The part of my identity that I am the **most aware** of on a daily basis is:

2. The part of my identity that I am the **least aware** of on a daily basis is:

3. The part of my identity that is **most emphasized** or important in my family is:

4. The part of my identity that I wish **I knew** more about is:

5. The part of my identity that provides me with the **most privilege** is:

6. The part of my identity that I believe is the **most misunderstood** by others is:

7. The part of my identity that I feel is **difficult to discuss with people who identify differently** is:

8. The part of my identity that makes **me feel discriminated against** is:

9. Other thoughts on my identity:

Moment from Your Life: Brainstorming

Now, choose one or more part(s) of your identity that you'd like to highlight in your letter.

1. The part(s) of my identity that I'd like to write about is...

Examples:

I am going to write about being Latino and the oldest son of immigrant parents.

I am going to write about being a neurodivergent learner.

I am going to write about being female.

2. Next, use the space below to brainstorm, through writing or drawing, **5 moments from your life when you felt most connected to your identity**. These moments could be big, like visiting your grandparents for the first time, or small, like a time when you felt misunderstood.

