

REFLECT 2 CONNECT



**COMMUNAL LEARNING
THROUGH COMPASSION**

“VULNERABILITY SOUNDS LIKE TRUTH AND FEELS LIKE COURAGE. TRUTH AND COURAGE AREN'T ALWAYS COMFORTABLE BUT THEY ARE NEVER WEAKNESSES.” ~ BRENÉ BROWN

Welcome to Reflect 2 Connect! This game offers the space to reflect on our identities and biases through personal experiences and navigating the online world. Inspired by the card game “We’re Not Really Strangers”, our questions hope to spark connections between people by encouraging open dialogue and vulnerability.

The rules of the game are simple: Start with Level 1, and make sure everyone in your group answers all of the questions before moving on to the next level. There are three levels in this game to create thoughtfulness from the inside out: (1) Self reflection (2) Reflecting on relationships, and (3) Reflecting globally. Remember to focus on empathetic communication with others to truly allow for a safe space. Most importantly, be your authentic self and listen and learn from others!



LEVEL 1 – SELF REFLECTION

When or how did you become aware of your racial identity? Describe a moment where it took on meaning for you.

In what ways does your identity benefit you in comparison to others? In what ways do you not benefit? (think gender, ethnicity, age, class, etc.)

Growing up, how were you taught (by parents, teachers, elders, etc.) about people who were different from you? How were you taught about people who were similar to you?

How do you personally approach anti-racism education? Are there any areas for personal growth?

What is an aspect of your identity that you think about the most?

What parts of your identity bring you the most joy, and what parts bring you the most pain?

What are the rules you abide by when engaging with content on social media? What boundaries do you set for yourself?

What parts of your identity do you display on social media and what do you keep to yourself? Why?

LEVEL 2 - REFLECTING ON RELATIONSHIPS

How do the dimensions of your identity that you choose as important differ from the dimensions other people use to make judgments about you?

How do you actively practice honest communication and boundary setting in your personal relationships? How does this extend to your online relationships?

Has there ever been a situation where you had to challenge an opinion of someone's that was harmful/bigoted? How did it feel to be able to speak up and challenge this?

What does communicating with empathy look like? How do we practice empathy in challenging conversations, especially online?

Does the promise of some form of anonymity online enable you to act differently with others than you do in person?

How does social justice shape our relationships with others, whether online or in person?

What are some problem-solving strategies that you use to manage conflict and change? Are there ways to improve in this area?

How does your participation in online communities (interest groups, forums, etc) facilitate personal growth and reflection in your daily life? Do they supplement or take away from your in-person relationships?

LEVEL 3 – REFLECTING GLOBALLY

What is a global community?
What are an individual's responsibilities to the community, and what are the community's responsibilities to the individual?

How do our own implicit biases and prejudice affect others (ex. socially, culturally, economically, etc.)? Affect communities? How do we overcome this?

What are the benefits and consequences of challenging social order? When is it beneficial to do so? How do we protect ourselves and others from the consequences?

Witnessing prejudice and oppression against marginalized communities online and in real life, what do you think encourages some individuals to take a stand against it, while others choose to participate in it? How does privilege play a role in this?

Do global causes move you to voice your solidarity online or do you feel unaffected by what happens outside of where you live?

Do you regularly engage with outgroup community members online or do you tend to focus on personal interests and your own community?

In what ways can you see systems (think social institutions, corporations, etc.), whether consciously or not, perpetuate racism/biases?

Think about online activism - what are the pros and cons of this type of advocacy? How else can we practice activism?

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SOURCES

<https://www.werenotreallystrangers.com/>

<https://www.teachthought.com/pedagogy/examples-of-essential-questions/>

<https://www.learningforjustice.org/magazine/publications/reflecting-upon-our-own-biases-all-ages>

https://www.learningforjustice.org/sites/default/files/general/tt_valuing_differences.pdf

<https://drive.google.com/file/d/1Mf87lVMUaEWb0EqOhr4uPmdJct7OFFwJ/view>

<https://www.learningforjustice.org/professional-development/reflection-activity-identity>