

This exercise was designed cover “general” diversity topics. Use the same format, re-work the “Statements” to focus on one particular diversity area.

“Power Walk”

1. Mark a line down the center of the room.
2. Have students get on one side of the room.
3. Read the following instructions to the participants:

“ If you agree or identify with a statement, walk to the other side of the room. You do not have to respond to any statements that make you feel uncomfortable. Look around at those who are with you. Look around at those who are not with you.”

Have students return to their original starting point between each question.

Statements:

- I am a first year student
- I like to watch cartoons
- I am from the state of _____
- I was born in a country other than the United States
- I am a twin
- I am an only child
- I am a female
- I am a male
- I am an African American
- I am a Black American
- I am a European American
- I am a White American
- I am an Asian American
- I am a Chicano Latino American
- I am a Native American
- I am a Spanish American
- I am a Mexican American
- I am a vegetarian
- There was more than one language spoken in my house
- I was adopted
- There are times that I feel lonely
- There have been times when I have been unable to accomplish my goals
- My parents and I talk openly
- My parents are divorced
- A single parent raised me
- Both of my parents worked while I was growing up
- There have been times in my life that I have gone hungry because my family could not afford to eat
- I have felt oppressed because of my ethnicity
- I have felt oppressed because of my gender
- I have been/am involved in a cross cultural relationship
- I was teased by classmates as a child
- I have been oppressed because of my physical, mental or emotional ability
- I am proud of who I am today
- I am afraid to walk by myself at night
- Myself or someone close to me is a survivor of physical, mental or sexual abuse
- I have questioned my sexual identity
- I have a hard time expressing my feelings
- I have felt oppressed because of my religious beliefs
- I have felt ashamed of things in the past
- I am excited about the future