

Unintended Implicit Bias

Often, we don't even realize that we have formed stereotypes about certain groups of people—it can be completely subconscious. An important way of working to overcome our bias is to *educate* ourselves. One primary way of doing this is by being in relationship with people from different ethnic backgrounds than our own. Friendship and relationship are the best antidote for bias.

Personal Reflection/Journal Activity:

Individually, spend some time reflecting on the prompt questions below. You are invited to record any of your reflections or observations on the back of this page.

- What attitudes or perceptions do you have about cultural ethnic groups outside of your own?
- Where do you think these attitudes or perceptions came from?
- What is an example of a way that you may have acted differently toward someone of another ethnic group because of implicit bias?
- How does bias and the way it causes us to act fail to respect the dignity of every child of God?
- What can you do to overcome your own biases?

At home, share what you learned about implicit bias.

Then, the next time you or your family are watching your favorite TV show or movie, identify and discuss any racial stereotypes you notice and consider the following questions.

- How are people of different racial backgrounds portrayed?
- How might these stereotypes contribute to our biases?

Word Associations Activity

Fill in the blanks below using the first word that comes to mind. The idea is to do the activity as quickly as possible, to see what association immediately jumps to mind. If you can't think of a word for the blank right away, skip it and come back to it later.

1. Macaroni and _____.
2. Pins and _____.
3. Peanut butter and _____.
4. Hide and _____.
5. Trick or _____.
6. Father, Son, and _____.
7. Night and _____.
8. Salt and _____.
9. Sugar and _____.
10. Sweet n' _____.