

EXPOSE OURSELVES TO DIVERSITY: TRUSTED NETWORK ACTIVITY

1. Fill in one word answers for your own personal identity characteristics under “me.”
2. Write in the initials or first name of 7 people outside your family, that you trust the most in the world.
3. Put a tick mark in the appropriate boxes in the rows beneath them for the personal characteristics that are the same as you.

Is there a pattern? How similar is your trusted network? In what ways are they similar or different? Does any of that surprise you? In what ways do the similarities and differences influence your trusted network? What aspects of your identity influence your health promoting and health care experiences?

	Me	Person 1	Person 2	Person 3	Person 4	Person 5	Person 6	Person 7
Age								
Race/Ethnicity								
Gender Identity/Expression								
Sexual Orientation								
Physical, Emotional, Developmental (Dis)Ability								
Marital Status								
National Origin								
Religion								
Political Orientation								

Make a commitment to one thing you can do to increase exposure to diversity.