



## Reflective exercise on Privilege and Cultural Identity

Reflecting on the use of **power**

Take a few moments to jot down answers to the following questions:

- Who am I? Describe yourself and the different components of your social identity. With which social groups do you share things in common?
- How do I identify? What aspects of yourself are important to you and why? Which are not so important and why?
- What are my privileges? Imagine yourself outside of the group (or groups) where you currently belong. What would you lose if you no longer belonged to that group (those groups)? What would you gain?

Reflecting on what I have learned about people from **racialised ethnocultural groups**

Review the *White Privilege; Unpacking the Invisible Knapsack* article at this point as a group after some self-reflection. The article is linked below.

Pay attention to some of your immediate, unfiltered reactions to people from different ethnocultural backgrounds that you encounter either in your personal life, the work environment or through the media.

- What are some of the things I have learned about people from ethnocultural groups that are different from my own?
- What are some of the things I have learned about people from my own ethnocultural group?
- Where do I remember learning those ideas? (Media, books, family, school, etc.)
- How do those ideas affect others and myself?
- What have I done, or what could I do, to unlearn those ideas?

---

#. McIntosh, Peggy. "White Privilege: Unpacking the Invisible Knapsack". DeAnza College, [www.deanza.edu/faculty/lewisjulie/White%20Privilege%20Unpacking%20the%20Invisible%20Knapsack.pdf](http://www.deanza.edu/faculty/lewisjulie/White%20Privilege%20Unpacking%20the%20Invisible%20Knapsack.pdf)

This resource is for your use as part of your trainee teaching sessions, which we encourage you to undertake as part of Close the Gap Day. In addition, ACEM's online course for Indigenous Health and Cultural Competency course can be found at [acem.org.au/culturalcompetency](http://acem.org.au/culturalcompetency)