

## **Stand Up and Be Counted**

**This activity is designed to demonstrate how we are all members of a minority at one time or another. At the end of this exercise I often ask participants which items they were reluctant to stand up for and why. We also discuss how it felt to be standing with only a few other people.**

**It must be emphasized that this activity will not work if the items are not changed to meet the needs of your training program and your geographical location.**

Stand up if.....

- you speak another language
- one of your grandparents speaks another language.
- you consider yourself old.
- you feel your profession is respected by others.
- you consider yourself a member of a minority group.
- you see yourself as disabled in any way.
- someone in your extended family has an alternate sexual orientation.
- you think you are really good at your profession.
- you consider yourself well educated.
- you consider yourself financially secure.
- one of your parents came to the U.S. from a foreign country.
- one of your(great) grandparents graduated from college.
- you have traveled outside of North America.