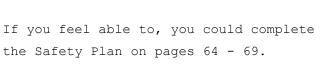


Safety Planning

This resource may be useful in thinking about safety planning: www.diversecymru.org.uk/wp-content/ uploads/The Bullying and hatecrime handbook.pdf Draw or write on this page some of the things you might seek to do in order to safely leave an abusive partner.

If we're in a relationship with an abusive person and are thinking about leaving them, it's really important that we make plans to do it safely. It might seem easiest to just leave after they've done something that has caused us huge issues. But if we don't make plans, we may end up having to go back.

the Safety Plan on pages 64 - 69.





Safety during a violent incident:	6. During an abusive incident, it's best to try and avoid places in the house where I may be trapped or where weapons are readily available
In order to increase safety during a violent incident, you may use a variety of strategies. Some strategies for you to consider are:	e.g. the bathroom or kitchen. Bigger rooms with more than one exit may be safer.
1. What are the possible escape route(s) from my home? What doors, windows, elevators, stairwells, or fire escapes could I use?	Rooms to avoid:
(I will take the time to practise how to get out safely.)	retaliating as this could lead to me being arrested.
2. Where can I can keep my purse/wallet and keys so I can locate them	8 Calling the police.
easily if I need to leave in a hurry?	Given my past experience, other protective actions that I have considered or employed are:
(I can also have a second set of keys made in case my partner/ex takes the first set)	
3. If it's safe, who could I tell about the violence? I can ask them to call the police if they suspect I am in danger.	Safety planning if you are preparing to leave:
4. The code word I will use with my children or other family members if I need to call for help is:	If you're thinking about leaving (or might do in future) these are some protective actions you may wish to consider.
Tioda to Cali for Holp is.	1. It may not be safe to inform my partner that I am leaving.
5. Safe places I can go if I need to leave my home:	2. Should I need to leave quickly, I will leave emergency cash, an extra set of house and car keys, and extra clothes with:
To use the phone:	
To stay for a few hours:	3. I can keep copies of important documents such as immigration papers
To stay for a few days:	or birth certificates with:



4. I can open a savings account to increase my freedom to leave. I should make sure to tell the bank not to send any post to my home address.5. The local Domestic Abuse Helpline number is:	11. When leaving an abusive partner, it with you. Items with asterisks (*) are the time, the other items might be taken, a Keeping them in one location makes it hurry.	most important, but if there is or stored outside the home.
6. I can get legal advice from a solicitor who understands domestic	Identification for myself*	School and vaccination records*
abuse. My local Domestic Abuse Service may be able to recommend someone.	Children's birth certificates*	Bank cards/cheque books/cards*
7. I must be careful when using my mobile or home number because my partner or ex might be tracking me. To keep telephone communications confidential, I can use a pay phone, a friend's phone or a pay-as-you-go	Any legal papers/files	Any medical records*
mobile that my partner or ex is unaware of.	My birth certificate*	Divorce/separation papers*
8. These are people that I could ask for assistance with: Money:	Immigration papers*	House lease/mortgage/ insurance documents*
Childcare:	Passport/s*	Driver's license and car ownership details*
Attending appointments: Transportation:	Money*	Pictures/photos
Other:	Keys-house/car/office*	Children's favourite toys/ blankets
9. If I need to return home to get personal belongings, I may be able to ask the police for an escort to stand by and keep the peace. To do this, I call 101 and ask the police to meet me somewhere close to my home.	Address book*	Jewellery
They will stay while I pick up my own and my children's personal belongings.	Medications*	Items of special sentimental value
10. Other protective actions I have considered are:		



12. Telephone Numbers I Need to Know (it may be necessary to keep these telephone numbers hidden, but accessible and/or memorise the numbers):	Purchase rope ladders to be used for escape from second floor windows
Police Department:	Install smoke detectors and purchase fire extinguishers for each floor in my house/apartment
Domestic Abuse Help Line (24 hours):	Install a motion consitive lighting system outside that lights
Solicitor:	Install a motion sensitive lighting system outside that lights up when a person comes close to my home
Work:	Leave the lights on at night and when I am away from home
Religious Leader:	nome
Other:	**You may have to check out the legalities of changing your locks and inform your landlord and others.
Safety in my own home	2. If I have custody and access issues, I can inform all the people who provide childcare for my children about who has permission to pick up
The following are some suggestions regarding safety measures in your	my children and who doesn't.
own home that you may wish to consider (some of these safety measures cost money).	3. I can give these people copies of the custody and access order to keep with them and a picture of the abusive partner. The people I will
1. If financially possible I could:	inform about pick up permission include:
Change the locks on my doors and windows**	School:
Install a poop hole in the deer	Teacher:
Install a peep hole in the door	Nursery staff:
Replace wooden doors with steel/metal doors	Other childcare:
	Sunday school teacher:
Install window bars and poles to wedge against doors	Relatives:
Install an electronic alarm system	Other:



4. I could inform the following people that I am separated and a	sk them
to call the police if my partner or ex is seen near my residence:	

Neighbour:	
Landlord:	
Landiola.	
Friend:	
Other:	

Safety with an Injunction

Injunctions are protection orders that someone can apply for in court. (Magistrates Family Court, County Court) If granted by the court, these aren't active until served to the respondent. An applicant can apply for an emergency order without notice to the respondent, but this is dependent on specific factors, including the timeline of the last incident. However, the respondent (perpetrator) will be given notice of another hearing whereby they have the right to 'respond'/'object to' the order. Injunctions are part of Civil Law and ONLY become a criminal matter if the perpetrator breaks it. It is important that applicants request from the court that the order has 'a Power of Arrest' attached to it.

Different types of Injunctions:

1. **Non Molestation Order:** these can have varying characteristics attached to them, but all would stipulate that the perpetrator is not to threaten or cause physical harm, or incite a third party to cause or threaten harm. They are not to pester, harass or contact the applicant. (Sometimes courts will stipulate that the perpetrator is not to attend the street or property – if they don't have a legal right to reside there). These are usually granted for six months, although they can go up to 12 months. Once expired an applicant can reapply if there is still risk of harm to them.

- 2. **Occupation Orders:** This deals with the "property", if the perpetrator has a legal right to abide in the property. These can be difficult to obtain as the court does not like to intentionally make a party homeless. If the perpetrator has another place to reside (eg: family, friends) ensure the court is aware of this. The order can prohibit the perpetrator from attending the entire property, OR can make restrictions to how the two parties live in the dwelling but dividing the rooms up and/or by times. Eg. "A" can go in rooms 1, 2,3 between the hours of 9-5 but is restricted from attending these rooms outside of these hours, or "A" can dwell in rooms 1,2 and B can dwell in rooms 3,4.
- 3. **Prohibited Steps Order:** These are orders involving children if the perpetrator has Parental Responsibility. These orders are primarily granted if there is a risk that the perpetrator will attempt to remove the child/ren from the home, area or country.

There are Residency Orders and Child Contact Orders that can also be obtained from the courts to offer protection regarding the children. Without one of these specific orders it is not possible for a school to withhold giving the child to the perpetrator as they have a legal right to take them – exceptions are if children's social care have a Child Protection Plan open.

4. **Undertaking:** This is essentially a 'promise' to the court by the perpetrator that they won't do anything bad. This happens when either there is not enough evidence to grant a non molestation order, and/or the perpetrator objects to a it. There is no power of arrest with this however if the perpetrator 'breaks' their promise to the court they are in 'contempt of court'. The applicant must inform the court and likely a non molestation order will then be granted.

The following are some steps that I can take to help support the enforcement of my protection order.

1. It is important to know the specifics and limitations of the injunction. I will find out the conditions and what they mean for my safety.



- 2. I can call the police station to ensure that the protection order is registered on the police computer system (PNC).
- 3. If my ex violates the protection order, I can call the police and report the violation. Depending on the type of protection order, I can also contact my ex's probation officer, my solicitor and/or my advocate. (It is important to report every violation of the order to the police).
- 4. If the police don't help, I can call the Duty Sergeant immediately at the police station and express my concern. If I have one, I can also contact my advocate, my ex's probation officer, or my solicitor, as well as filing a complaint with the police.
- 5. I will keep my injunction document(s) (originals, if possible) in this location:

It is beneficial to keep the document(s) on or near me. It may also be helpful to keep a copy in a second safe location.

- 6. If my partner destroys the injunction paperwork, I can get another copy from the court, my lawyer, or:
- 7. If it's safe to do so, I can inform the following people that I have an injunction in effect:

My employer: _______
My friend: ______

My family: _____

Other:____

Safety at work and in public

Each woman must decide when or if she will tell others that her partner has abused her and that she may be at continued risk. Friends, family and co-workers may be able to help protect women. Each woman should consider carefully which people to recruit to help secure her safety.

1. If I feel able, I can inform the following people at work of my situation:

Ny boss:	-
he security supervisor:	-
NII.	

2. According to how comfortable and safe I feel, I can ask the following person to help screen my telephone calls at work:

It could be of assistance to me if they document these calls

- 3. If it is comfortable to do so, and I feel it would be supportive to me and my situation, I could discuss the possibility of having my employer call the police if I am in danger from my partner or ex.
- 4. Some safety suggestions regarding arriving or leaving work:
- Let someone know when you'll be home
- Walk with someone to your car
- Scan the parking lot
- If your partner is following you, drive to a place where there are people to support you, e.g. a friend's home, police station
- If you are walking, take a route that is populated
- Take different routes home
- If you see your partner on the street, try to get to a public place e.g. a shop



- You can also call attention to yourself and request help
- Purchase a personal alarm device
- You can use different supermarkets/shopping centres and shop at different times than you did before to reduce the risk of contact with your partner or ex.

Safety and Drug or Alcohol Consumption

Many people consume alcohol or mood-altering drugs. Much of this consumption is legal. Some isn't In legal situations, disclosing the use of illegal/legal drugs can put a woman at a disadvantage to her abusive partner. In addition, the use of alcohol or other drugs can reduce a woman's awareness and ability to act quickly to protect herself from the abusive partner. The use of alcohol or other drugs by the abuser may be used as an excuse for violence.



Safety and My Emotional Health

Being subjected to abuse by a partner is exhausting and emotionally draining. Survival requires much courage and incredible energy. To conserve my emotional energy and resources and to support myself in hard emotional times, I can do some of the following:

1. If I have left the relationship and I am experiencing loneliness or
manipulative tactics from my abusive partner, I can take care of myself
oy:

2. When I have to communicate with my partner in person or by
telephone, I can emotionally prepare by:

3. When I face potentially difficult times like court cases, meetings with
solicitors etc., I can prepare by doing the following

Helplines and organisations for safety planning can be found here: www.scaredofsomeone.org/useful-contacts



Or

Online Safety

Poisonous spiders

Mushrooms that kill

Toxic water

That makes people ill



Wherever we live
As we grow
We're taught what's safe
And what isn't so

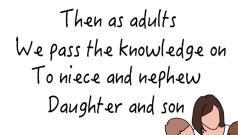
Fire burns

Bleach isn't for drinking

Lessons are needed

For swimming instead of sinking

Children are taught
To safely cross roads
And to avoid anything
That explodes or corrodes



Yet technology has moved
Fibre optically fast
Understanding safety
Seems a thing of the past



Facebook, Twittering
YouTube and Email
All have risks
Present understanding may fail

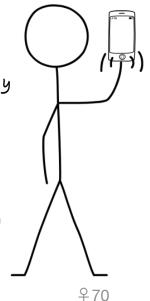
In this new digital world Safety is assumed While stalkers lie in wait And children are groomed Fraud and identity theft
Online bullying and porn
In the age of the internet
Old sicknesses reborn



Ignoring the risks
Into danger we sleepwalk
As the online space
Swallows us whole

Nobody is in charge It's our responsibility There's no internet police We must own our vulnerability

We must learn for ourselves
And children must be equipped
Of this ever changing technology
We must get to grips





Online Safety

The online world, technology, and digital culture can feel totally alien to us. We might have grown up before smart phones existed, and when tablets were just a type of medicine. However, an abuser might use technology to control us. He might track us, listen into our calls, hack into our social media accounts or delete contacts from our phone or accounts. **Understandina** more about technology and online safety can help us to keep ourselves (and those we care about) safe.

It's unpleasant to think that our partner or ex might be using our phone to track us, but realising it's a possibility is really important. He may put parental controls on our phone so that he can check what we're doing, or could have set all our emails to be forwarded to him. If you're still with your partner, assume that he might be monitoring everything you do on your phone, laptop, computer or tablet. Avoid using technology to communicate about anything that you don't want him to know.

Keeping online information private

After leaving an abusive partner, it's wise to keep the following details private and avoid sharing them online:

- Name, age and sex: you and any children or family members.
- Identifying information, such as address, school, workplace, birthday, birth year.
- Details of your location, including events you are attending (including weddings, concerts, funerals etc).
- Emotional or personal details, including of new relationships or friendships.
- Phone numbers, bank details, PINs, car registration etc.
- Photos that reveal information about you, including your location, those you are socialising with etc.

You may need to tell family members, friends, colleagues and others to no longer post information about you online to ensure they don't unintentionally divulge any of this information.

"The most difficult thing is the decision to act, the rest is merely tenacity." Amelia Earhart

Use this space to write or draw any thoughts or feelings the Online Safety video brought up for you.



Online Safety Exercise

If I am still with my partner	If I am no longer with my partner	
1. Have I got up-to-date	8. Are all my passwords strong and unguessable? Do I have different passwords for each account?	
security software installed on all my devices?	9. Has someone technically qualified checked all my devices (phone/tablet/satnav/computer/laptop etc) to ensure that they are not being used to check up on me?	
2. Do I run the administrator account on	10. Have I got up-to-date security software installed on all my devices?	_
all my devices? If not, am I careful with how I	11. Is my wifi protected by strong passwords?	
use those devices?	12. Do I run the administrator account on all my devices?	
3. If my partner has access to my email password and/or my	13. If my ex has access to my email password and/or my device pins, can I safely set up a new email, change my passwords or pins?	
device pins, can I safely set up a new email, change my passwords or pins?	14. Could I have multiple email addresses to ensure that only my trusted people contact me on one account. Can I have other accounts for 1) financial stuff 2) registering on websites 3) dealing with my ex and those who know him?	
4. Are all my passwords	15. If I set up new email accounts, can I make sure they don't send from my real name?	
strong and unguessable? Do I have different	16. Do I always make sure that the "secret questions" used to set up an account can't be guessed by my expartner?	
passwords for each account?	17. Have I deleted all my social media accounts after leaving my partner? Have I stopped using any forums/chat rooms etc that I used while with my partner?	
5. Do I always make sure that the "secret	18. Are all my social media accounts fully private?	
questions" used to set up an account can't be	19. Do I regularly check my social media accounts to ensure the company hasn't reset my privacy settings?	
guessed by my parter?	20. Do I have location services turned off on all my devices and on all my social media accounts?	
6. If it is safe to do so, do I have location services	21. Am I cautious about what information I share online and in messages?	
turned off on all my devices and on all my social media accounts?	22. Have I made sure my employer/college/children's school doesn't share information about me/them online?	
7. Am I cautious about	23. Have I considered using a pay-as-you-go mobile to make it less traceable?	
what information I share online and in messages?	24. Have I ensured that all those who have my number know not to pass it on?	



Online Safety Exercise

When so much of life involves social media, it's really unfair that after leaving a partner, we might not be able to freely use technology in ways we want to. You can use this space to write or draw how it feels that your freedom is still limited.

Further resources for online safety can
be found here:
www.reducingtherisk.org.uk/cms/sites/
default/files/resources/safety/
InternetSafetyforVictimsofViolence.pdf

As a parent	
I. I know my children's device passwords and/or PINs	
2. I talk to my children about their device usage and have rules in place for how much time and what they are/aren't allowed to do on their devices.	
3. My children know that they can't get away with using their phone in an unsafe way, because they know I'll check up on them.	
4. If we've left, my children know how to safely use the internet without revealing information about us that my ex could use against us.	
5. I make sure I am aware of what apps and/or websites are unsafe so that I can make sure my children don't go on them.	
6. My children understand that this is important whether they're using devices at home, in public spaces or at friends' houses.	
7. I feel confident talking to my children about technology.	
8. I know how to use the parental settings on my children's devices.	
9. I can help my children switch off their location services on their devices.	
10. I know the places I can go to get advice and help with parenting in a digital age.	
11. I know which websites and organisations my children can access to help them be safe online.	
12. My children feel able to talk to me about stuff that could be embarrassing (like seeing porn online).	

Use this space to make notes about how you could learn more about online safety. If possible, set yourself a deadline for being able to tick all of the points that are relevant to you.



Living Safer

Maude and Eugene have just had a baby. Eugene is a high court judge and is very wealthy. He made Maude stop working when they got married. Maude really loves Eugene and wants to make the relationship work. Eugene regularly puts Maude down,. He's stopped her seeing most of her friends and complains if she spends time with her family. He gets aggressive, has smashed her possessions and threatened to physically hurt her. She doesn't feel safe around Eugene but wants to make things work for their baby son. What actions could Maude take to keep herself safe while continuing the relationship with Eugene?

ACTION	ACTION
OBSTACLE	OBSTACLE
OVERCOME	OVERCOME
ACTION	ACTION
OBSTACLE	OBSTACLE
OVERCOME	OVERCOME

In the table write:

- 1. Actions Maude could take to change things for the better.
- 2. Obstacles Eugene might put in Maude's way to prevent her achieving change.
- 3. Ways Maude could overcome Eugene's obstacles.



Living Safer

It's important to think about safety while still in the relationship.

It's deeply unpleasant to realise that our partner isn't safe. We might prefer to remain in denial but it's really important that we think about our safety and the safety of any children involved while we're still with him.

There's only so much we can do to stay safe while still in the relationship. Safety does need to be something we think about but, in reality, our partner has the power and control. If our partner chooses to be violent, there's very little we can do to ensure our safety (or that of any children involved).

We might be able to feel like we have more control but, in reality, the perpetrator is still in control. Sometimes our partner will make us think we have more power than we do. That's just another way to control us. We must be wary of thinking that we can control or manage our partner. He might let us believe we can, but, in reality, he can change tactics at any point, leaving us unable to protect ourselves or the children.

"Power's not given to you. You have to take it." Beyoncé Knowles Carter



If you're still with your partner, write down some of the actions you've taken to stay safe. If you're no longer with your partner, use this space to consider what advice you'd give to someone who wants to stay safe while with an abusive partner.



Stranger Danger Quiz

What percentage of rapes are committed by strangers? 10% 30%	4. What percentage of girls under 16 are emotionally abused by a boyfriend? 12% 27%	7. How many children are killed or seriously injured in road traffic accidents in the UK each year? 24	10. What amount of time (per day) on social networking sites leads to young people being more likely to be psychologically distressed? 3 hours
50%	72%	2412	4 hours 5 hours
 2. What percentage of young people have seen bullying online? 9% 34% 56% 3. How many 13-18 year olds have been involved in sexting 	5. What age are children starting to watch online pornography? 6 years old 10 years old 12 years old	8. How many children in the UK will be sexually abused by someone they know? 1980 19,800 198,000	5 nours
(sending/receiving/forwarding nude or sexual suggestive images)? 1 in 20 1 in 10 1 in 5	6. How many children are abducted by a stranger in the UK each year? 50 500 5000	9. What percentage of those subjected to rape fight back or run away? 30% 60%	"If you don't get out of the box you've been raised in, you won't understand how much bigger the world is." Angelina Jolie



Stranger Danger Information

Often we've been taught that the biggest risk to us (and any children we have) is strangers. We spend loads of time keeping ourselves safe from strangers and teaching children not to trust people they don't know, but the vast majority of dangerous people are already known to us. It can take a while to get our head around it but by learning to trust our instincts, and teaching children about safe/unsafe behaviour, we're more likely to keep ourselves and them safe.

We usually assume that children are more likely to be run over than be sexually abused, but that is not the case. How can we ensure that we make as much effort in keeping children safe from dangerous drivers as from sexually dangerous people?



Steps to protect children from sexual abusers

- 1. Explain that all of their body is brilliant and special.
- 2. Teach them proper names for their genitals. (Some people find saying "vagina" "vulva" or "penis" really difficult but it's important to overcome that.)
- 3. Invite your child's communication, so they feel able to talk to you about lots of different things.
- 4. Talk about safe touches and unsafe touches and help them to know the difference.
- 5. Ensure your children don't feel responsible for keeping you happy, so they know it's safe to tell you if something bad has been done to them.
- 6. Ban the word "secret", and instead use the word surprise. Secrets are dangerous because they are supposed to remain hidden, surprises are safe because they will eventually be told.
- 7. Have clear rules for playing "doctor" with other children or with adults.
- 8. Help children to think about the difference between feeling safe and unsafe and what to do if they feel unsafe.
- 9. Report suspected abuse immediately.

It's not only children who need help! As adults, how do we identify whether someone can be trusted? Could we get better at reserving judgement in friendships and new relationships? Instead of rushing into increased commitment, could we take things slowly to see whether the person is safe?

I am no bird; and no net ensnares me; I am a free human being with an independent will. Charlotte Bronte



Intersectionality

Dyslexia Only black child in his class Parents paid Security quards

for university His colleagues make comments about him having got his job because of "positive discrimination"

Sometimes strangers shout racist abuse at him People often presume he represents
His workplace

"all black people" Financially stable, he wouldn't make Everyone he knows can rely on his parents adjustments is supportive of his if things go wrong engagement



MALE BRITISH BLACK **HETEROSEXUAL** DYSLEXIC MIDDLE CLASS **BORN IN SURREY UNIVERSITY EDUCATED** 26 YEARS OLD WELL PAID JOB



FEMALE BRITISH WHITE LESBIAN WORKING CLASS **BORN IN GATESHEAD** LEFT SCHOOL AT 15 30 YEARS OLD LOW PAID JOB

Sophie didn't get to school much Her race is never as her parents needed her to babysit People assume she is stupid the reason people because of her accent

When she She couldn't afford She never has enough money came out to go to university and regularly uses emergency as a lesbian Some of her coworkers refused She hates her job, loans

boys would to sign her engagement card because they don't believe try to "turn in gay marriage" but doesn't have any qualifications straight" She can't afford to drive and to change career.

relies on public transport Her family do everything they can, but don't have much money

Kimberlé Crenshaw is an American civil rights advocate and academic. In 1989, she invented the term "intersectionality" to describe the injustice that black women face. In the last few decades, this term has grown to encompass the ways different people experience multiple forms of discrimination as a result of their sex, race, ethnicity, gender identity, class, disability, sexuality, place of birth, educational attainment, age, and job.

Azi's and Sophie's experiences of the world are both positively and negatively affected by class, race, sexuality, disability, accent, place of birth, age, economic stability, and job. Each of us will have similar experiences. Until now, we've considered how being female leads to us experiencing discrimination that men don't face. This is a chance to think about how our race, class, sexuality, economic status positively or negatively affect us, along with our whether or not we have a disability, where we were born and our age.

Definitions

for his dvslexia

until he threaten

to sue them

- Sex is biological, our chromosomes and reproductive organs.
- Gender is how we identify, this is particularly relevant for trans* people.
- Ethnicity is about culture, nationality, ancestry and language.
- Race is about skin colour.

If you feel able, describe yourself according to the different categories.

SEX:

GENDER: ETHNICITY:

RACE:

SEXUALITY:

CLASS:

DISABILITY: BIRTHPLACE:

EDUCATION:

AGE:

JOB:

RELIGION:

ECONOMIC STATUS:

"Discrimination, like traffic through an intersection, it may flow in one direction, and it may flow in another. If an accident happens in an intersection, it can be caused by cars traveling from any number of directions and, sometimes, from all of them. Similarly, if a Black woman is harmed because she is in the intersection, her injury could result from sex discrimination or race discrimination." Kimberlé Crenshaw



Unpacking the Invisible Knapsack

Peggy McIntosh is an American feminist, anti-racism activist and academic. She created the invisible knapsack to help white people think about how racism affects black people. She created a list of ways that being white made her life easier, and called her process "Unpacking the Invisible Knapsack". This is often called "white privilege". You can read more about it here: www.nationalseedproject.org/about-us/white-privilege.

- 1. I can arrange to be in the company of people of my race most of the time.
- 2. I can be pretty sure of renting or purchasing housing in an area which I can afford and in which I would want to live.
- 3. I can be pretty sure that my neighbours in such a location will be neutral or pleasant to me.
- 4. I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed.
- 5. I can turn on the television or open to the front page of the paper and see people of my race widely represented.
- 6. When I am told about our national heritage or about "civilisation," I am shown that people of my colour made it what it is.
- 7. I can be sure that my children will be given

- curricular materials that testify to the existence of their race.
- 8. If I want to, I can be pretty sure of finding a publisher for this piece on white privilege.
- 9. I can go into a music shop and count on finding the music of my race represented, into a supermarket and find the staple foods that fit with my cultural traditions, into a hairdresser's shop and find someone who can cut my hair.
- 10. Whether I use cheques, credit cards or cash, I can count on my skin colour not to work against the appearance of financial reliability.
- 11. I can arrange to protect my children most of the time from people who might not like them.
- 12. I can swear, or dress in second-hand clothes, or not answer letters, without

- having people attribute these choices to the bad morals, the poverty, or the illiteracy of my race.
- 13. I can speak in public to a powerful male group without putting my race on trial.
- 14. I can do well in a challenging situation without being called a credit to my race.
- 15. I am never asked to speak for all the people of my racial group.
- 16. I can remain oblivious of the language and customs of persons of colour who constitute the world's majority without feeling in my culture any penalty for such oblivion.
- 17. I can criticise our government and talk about how much I fear its policies and behaviour without being seen as a cultural outsider.

- 18. I can be pretty sure that if I ask to talk to "the person in charge," I will be facing a person of my race.
- 19. If a traffic cop pulls me over or if my tax returns are audited, I can be sure I haven't been singled out because of my race.
- 20. I can easily buy posters, postcards, picture books, greeting cards, dolls, toys, and children's magazines featuring people of my race.
- 21. I can go home from most meetings of organisations I belong to feeling somewhat tied in, rather than isolated, out-of-place, outnumbered, unheard, held at a distance, or feared.
- 22. I can take a job with an affirmative action employer without having co-workers on the job suspect that I got it because of race.
- 23. I can choose public accommodations without

- fearing that people of my race cannot get in or will be mistreated in the places I have chosen.
- 24. I can be sure that if I need legal or medical help, my race will not work against me.
- 25. If my day, week, or year is going badly, I need not ask of each negative episode or situation whether it has racial overtones.
- 26. I can choose blemish cover or bandages in "flesh" colour and have them more or less match my skin.

Elements of this list can be used in thinking about how a person who is working class, disabled, lesbian, bisexual, transgender, Muslim, or poor might experience the world in different and difficult ways.



Notes

