

Internalized Images of Ethnicity

Respond to each of the questions below, attending to the kinds of messages you have internalized over your lifetime about various ethnic groups. Pay particular attention to those images or thoughts that surprise you or conflict with other images or ideas that you hold. Be as honest as possible in your responses. If you grew up as part of a nondominant ethnic community, answer the questions in relation to the dominant white population or another ethnic community.

<input type="checkbox"/> What media and television images and influences have informed the way you perceive specific ethnic communities in Canada?	
<input type="checkbox"/> What types of portrayals of families from various ethnic groups have you seen in the media?	
<input type="checkbox"/> Describe your social, personal, and professional networks in terms of cultural diversity (race, ethnicity, age, religion, etc.)	
<input type="checkbox"/> What overt and covert messages did you receive in your family or social circles that informed your ideas about individuals from nondominant ethnic groups, some of whom may be new immigrants?	
<input type="checkbox"/> What experience do you have of exposure to different ethnic communities and their cultural practices (food/restaurants, religious or spiritual beliefs, close personal relationships, marriage/partnership)?	
<input type="checkbox"/> How would you react if your child dated or married someone of another ethnicity or religion? How do you feel about the possibility of having bicultural children? Would you date or marry someone outside of your ethnic group? Why or why not?	