

## "Becoming Anti-Racist"

This is an excellent tool that can encourage discussion in supervision, of the zones in place i.e. fear, learning and growth, to "becoming anti-racist". It provides an opportunity to consider our own values and unconscious bias, the acknowledgement of 'white privilege', the existence of structural racism and the oppression built in at a societal level.

After "Becoming Anti-Racist", why not use the model for "Becoming Anti-Disablist" or "Becoming Anti-Sexist" or ask the student to create their own?



Chart was adapted by Andrew M. Ibrahim MD, MSc from "Who Do I Want to Be During COVID-19" chart (original author unknown) with some ideas pulled from Ibram X. Kendi's work.