

Take a Moment to Consider...

- I can talk freely about my sexual orientation or gender identity to colleagues at work, fellow students, co-parishioners, etc.
- I can, if I wish, arrange to be in the company of people of my race most of the time.
- I can physically access most stores and public buildings.
- People do not consider my age to be the determination of my ability.
- I can kiss my partner farewell at the airport, confident that onlookers will either ignore us or smile understandingly.
- I can be sure that my children will be given curricular materials that accurately testify to the existence of their race.
- I never have to sit at the bottom of the stairs, wondering how to get to the next floor.
- I can be fairly certain my gender will not negatively affect my wage.
- I am never asked to speak for all the people of my racial group.
- I can be confident that I will not be harassed in the washroom or change room I choose to use.
- Our families and/or faith communities are delighted to celebrate with us the gift of love and commitment.
- I can walk into a store in the mall and be reasonably sure that I will find something that will easily fit and flatter my body.
- I can be gentle and affirming to people without being characterized as an exception to my religion.
- I can be sure that a “flesh” coloured bandage will come pretty close to the colour of my skin.
- I can talk about my health problems without being concerned that people will think that I am crazy, “schizo”, or scary.
- I rarely hear negative jokes or comments about a group with which I identify.
- My ability to make important decisions, and my capability in general, will never be questioned depending on what time of the month it is.
- If I go back for seconds at a buffet, I can be sure that most people won’t comment (inwardly or outwardly) on the size of my body or how much I eat.
- I can be sure I will not have trouble finding my sexual orientation or gender identity positively and accurately represented in movies or tv.
- I have always known that there are other people like me in the world.