

# Prejudice and Discrimination

## Comfort in Social Situations Worksheet

**Instructions:** Read the following statements and rate what you think your comfort level would be in each situation using the scale below. There are no right or wrong answers. Simply be honest with yourself and do not over-think the situations. However, the way you answer the questions may be different depending on your town social group membership, such as your race/ethnicity, gender, age, weight, or ability status. In some cases, you may not think a situation is personally applicable; if so, mark "N/A" in the space. After you have completed all sections, follow the instructions to create a total score for each section.

1 Very comfortable	2 Comfortable	3 Neutral	4 Uncomfortable	5 Very uncomfortable
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### Section A:

- Your best friend starts dating a Latino-American.
- You go into a Japanese restaurant where all patrons and staff are Asian.
- You realize you are the only person of your race when you visit a community
- A Saudi Arabian sits down next to you on a crowded bus
- Your new doctor went to medical school in India

Total: \_\_\_\_\_

### Section B:

- You find out a family friend is choosing to be a stay-at-home dad.
- You greet someone but can't determine the person's gender.
- You take your car in for repairs and the head mechanic is a woman.
- You see a little boy playing with a princess Barbie
- You see a businessman getting a manicure

Total: \_\_\_\_\_

### Section C:

- You see two men holding hands.
- A person of the same sex is flirting with you.
- You move next door to a same sex couple who have two children
- You go on a date with someone who used to date someone of the same sex
- You see two females kissing lovingly in public

Total: \_\_\_\_\_

## Section D:

- You don't know whether to open a door for someone in a wheelchair
- You watch someone who does not have a visible disability park in a handicap spot
- You walk by a mentally disabled person who is talking loudly in the grocery store.
- Your friend is dating someone with Aspergers Syndrome (a high functioning autism).
- You are standing in line behind a deaf person at a fast food counter.

## Section E:

- A heavily obese person is working out in the gym next to you
- You are sitting next to an obese woman on a plane
- You notice a coworker who is obese is holding up the cafeteria line because she/he wants to fill the tray.
- You watch an obese man get stuck trying to sit in a desk in a classroom
- Your friend sees an overweight person and makes a joke about him/her

Total: \_\_\_\_\_

## Section F:

- There is a 30 year age difference between you and your lab partner.
- Your internship coordinator assisted you to an assisted living facility.
- Your senior citizen landlord wears a hearing aid and often has trouble understanding you.
- Your grandmother often asks you for help with her computer.
- Your 70 yr-old next door neighbor can never remember your name.

**Results:** Compute your total for each section by adding the numbers from your responses. If you marked an item "N/A" score it as a "3" before computing your total score for that section. Higher numbers indicate a \*greater discomfort with social situations in that section.

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|---|--|
| <input type="checkbox"/> Section A: Race      | <input type="checkbox"/> Section D: Disability |
| <input type="checkbox"/> Section B: Gender    | <input type="checkbox"/> Section E: Weight     |
| <input type="checkbox"/> Section C: Sexuality | <input type="checkbox"/> Section F: Age        |

**\* Discussion revealed that a higher score can mean a "hot button issue" as well as bias.**