

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 2 3 4 5
Very comfortable Comfortable Neutral Uncomfortable Very uncomfortable

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 moving 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 and 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.

___ Section A: Race

___ Section D: Disability

___ Section B: Gender

___ Section E: Weight

___ Section C: Sexuality

___ Section F: Age

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