

**THINGS I LEARNED GROWING UP**  
Self- Awareness: An Exploration

<b>SOCIAL GROUPS</b>	<b>FROM FAMILY, TEACHERS, FRIENDS</b>	<b>MEDIA</b>	<b>MY BELIEFS</b>
People with disabilities	1. they are no different than me	1. they are not seen unless they are a celebrity	1. they have unique problems 2. some abuse the system
African Americans	1. we are the same 2. we are totally different 3. family is important	1. portrayed as caricatures: men lawless-women as shrill hen-peckers	1. some abuse the system 2. some use the “race” card when unwarranted
Asian Americans	1. they are overachievers 2. they have strong family ties and traditions	1. always play the intelligent one 2. Japanese descent are photo taking tourists	Never have known any personally
Latino Americans	1. they have huge extended families 2. they are hard workers	1. usually portrayed as gang bangers 2. women uneducated –pregnant 3. all illegals	1. they have a rich heritage 2. I have noticed a large increase in the Hispanic population in America
Americans of European Descent	1. a very mixed bag	1. depends on the ethnicity of origin	1. this is my heritage-as always there is good and bad 2. how they behave depends on where they live
Persons with Dual Racial Heritage	Coming from the south this is frowned upon	1. they are not even on their radar—yet	1. they have unique problems-where do they belong? 2. or they are unique- they have two distinct heritages!
Women	1. strong, you can do whatever you want to 2. you stay with your mate no matter what	1. portrayed as bitches, bimbos, sex symbols	We are as diverse as there are colors in a crayon box! You leave if there is abuse.
Men	1. good ones are hard to find	1. portrayed as heroes, leaders, sex symbols	They are just as lost as we are.
Gays, Lesbians, Bisexuals, and Transgendered People	1. sick, sad, people 2. against god’s laws	1. portrayed as comical or destined to go to hell	I have many friends and several family members who are gay-they are who they are.

Low- Income People	they are lazy they are uneducated	1. portrayed as angry, sad, or totally ignored until a disaster	They want what I want – chance to succeed and make a better life
Rich People	1. they don't pay their fair share 2. I wish I was one!	1. portrayed as uncaring 2. looking for new ways to “screw” the poor people	Don't know anyone who has lots of money but I know a lot of people “rich” in what really matters
Older Adults	1. they deserve our respect 2. they are a wealth of information 3. you take care of them	1. as leaders 2. as a drain on health or social security monies	1. valuable sources of information 2. link to our past 3. concerned about quality of life issues
Immigrants	1. this is who we all are in America	1. depends on their race and ethnicity	1. they are our founding mothers and fathers
Illegal Immigrants	1. they take the jobs no American wants 2. they are “stealing” American jobs	1. they should be sent home	I have mixed feelings about this. I understand their wanting to come to America but I do believe they should learn English. We must be able to keep the out the criminal element.
People who practice religions or beliefs different from my own	1. only Baptist are right	1. they are all over the place depending on what is happening in the world	Whatever gets you through the night. To each his own.

Adapted from the National Conference for Community and Justice-St. Louis Region

Berg-Werger, M. (2005). *Social Work and Social Welfare: An Invitation*. Boston: McGraw-Hill Higher Education.