

# Digging Deeper

Read the statement, and score yourself according to the number of points that best represents your experience:

**All the time:** 3 points

**Most of the time:** 2 points

**Some of the time:** 1 point

**Never:** 0 points

Statement	All the time (3)	Most of the time (2)	Some of the time (1)	Never (0)
1. If I have children, I can be sure that they will be given educational materials at school that represent the existence of their race.				
2. I do not have to worry if new stores or apartments being built will be physically accessible.				
3. I can go shopping alone most of the time, and be assured that I will not be followed, harassed, or detained because of my race and/or skin color.				
4. When I have a job, I don't have to worry that I will be fired due to a mental health disability causing me to miss work.				
5. I can RSVP to attend an event or meeting without wondering if the space is physically accessible for me, including having ramps, an elevator, and wider hallways, or with the services of an interpreter or described video available if I require it.				

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Statement	All the time (3)	Most of the time (2)	Some of the time (1)	Never (0)
6. Law enforcement officials will likely assume I am a non-threatening person once they see me and hear me speak.				
7. I can RSVP to attend an event or meeting without wondering if the location will have gender inclusive washrooms.				
8. I don't have to worry about the need for workplace accommodations because of a mental health disability.				
9. I would not hesitate to call the police if trouble occurred.				
10. I can leave my house anytime I am physically up for it, without having to consider the effects of a mental health disability.				
11. I can go into a supermarket and find the staple foods which fit with my cultural traditions.				
12. I can easily buy posters, picture books, greeting cards, dolls, and toys featuring people of my race.				
13. I can find band-aids at most stores that are designed to blend in or match my skin color.				
14. People don't assume I am closed-minded or set in my ways because of my age.				
15. I can go into a store and my hair products are all in the same area. I don't have to go to a separate section to find what I need to do my hair.				

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Statement	All the time (3)	Most of the time (2)	Some of the time (1)	Never (0)
16. I can turn on the television or open a newspaper and see people of my physical ability represented.				
17. My parents did not have to educate me to be aware of systemic racism for my own daily physical protection because of my race and/or skin color.				
18. I can show affection for my romantic partner in public without fear of harassment or violence.				
19. I can do well in challenging situations very often, without being told what an inspiration I must be to able-bodied people.				
20. I am not asked to speak for all the people who share the same race, culture, ethnicity, gender, or sexual orientation as I do.				
21. If I want to, I can attend church or religious services without feeling unwelcome or like I don't belong because of my sexual orientation or gender identity.				
22. The decision to hire me will never be based on assumptions about whether I might choose to have a family sometime soon.				
23. I am not assumed to be technologically illiterate because of my age.				
24. I can get upset without people blaming my emotions on hormones, PMS, or being "overly sensitive".				

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Read the statement, and score yourself according to the number of points that best represents your experience:

25. My ability to make important decisions and my capability in general will never be questioned because of my emotions, hormones, PMS, or being "overly sensitive".				
26. I can go about my daily life without being asked personal, invasive, and inappropriate questions about my sexual orientation or gender identity.				
27. I can practice my religious customs without being questioned, mocked, or inhibited				
28. I can be assured that no one will mock my accent or correctly assume I can't "speak proper English"				
29. I can be assured that most of the holidays I celebrate align with the statutory holidays at work.				

**TOTAL:**