

Messages I Learned

Sexual Identity/Orientation



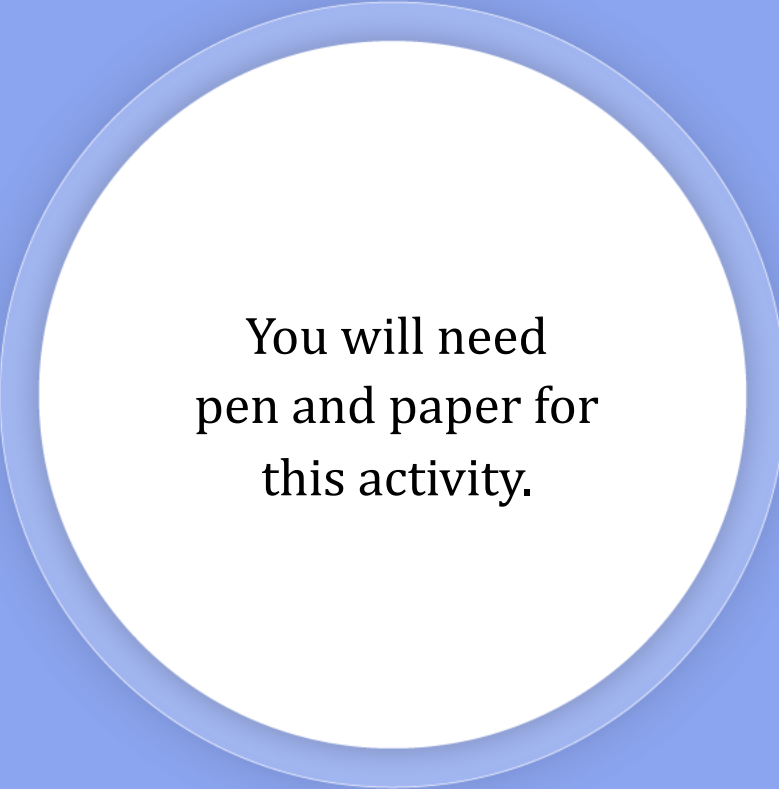
Jessica Pettitt

**Text (202) 670-4262
with questions and comments
at any time.**


**Doing Ally/Advocacy work
is a simple concept,
but it isn't easy.**

While moving forward, we must also
trace from where we have come from
and what we have learned.

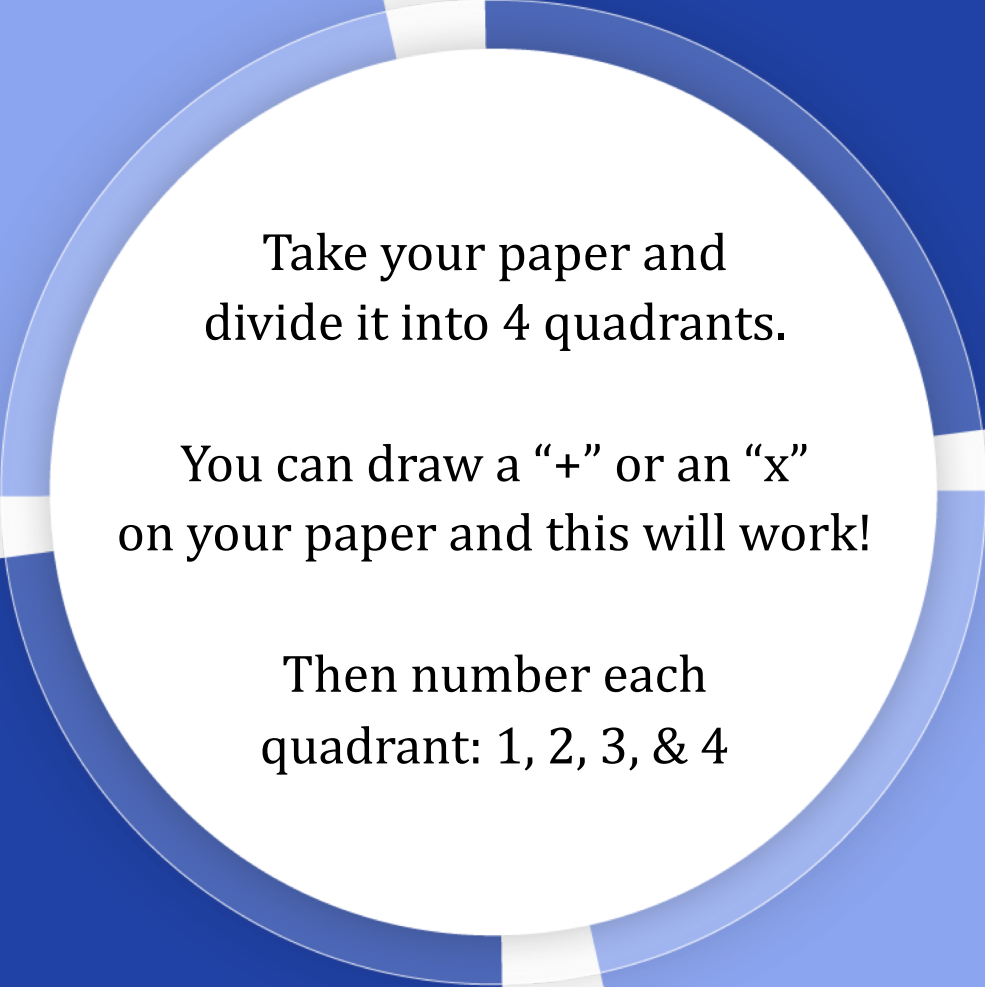
This activity is primarily a silent
self-reflection journey through one's
past to better inform our futures.



You will need
pen and paper for
this activity.



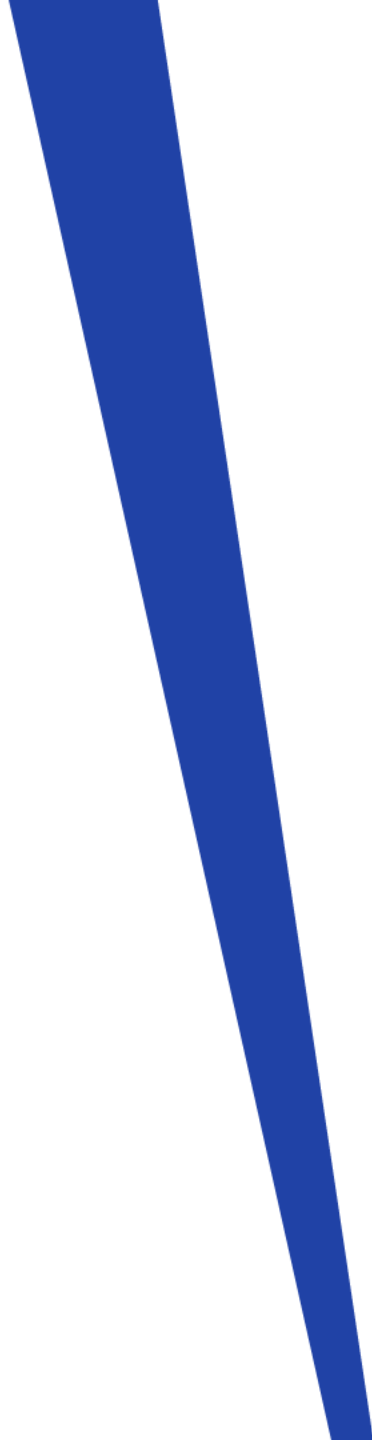
We will be moving through
4 prompts and then opening up
for conversation.

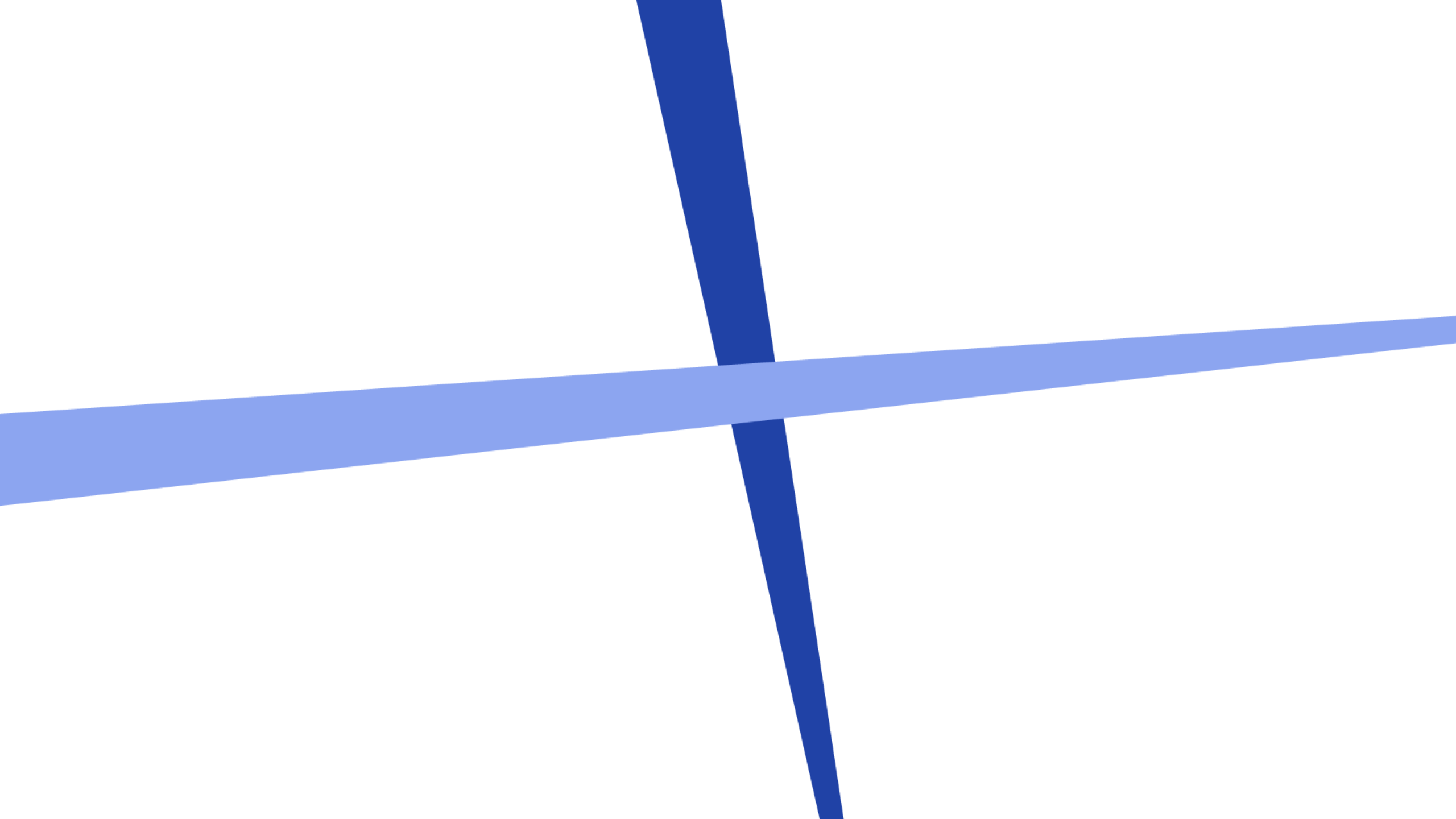


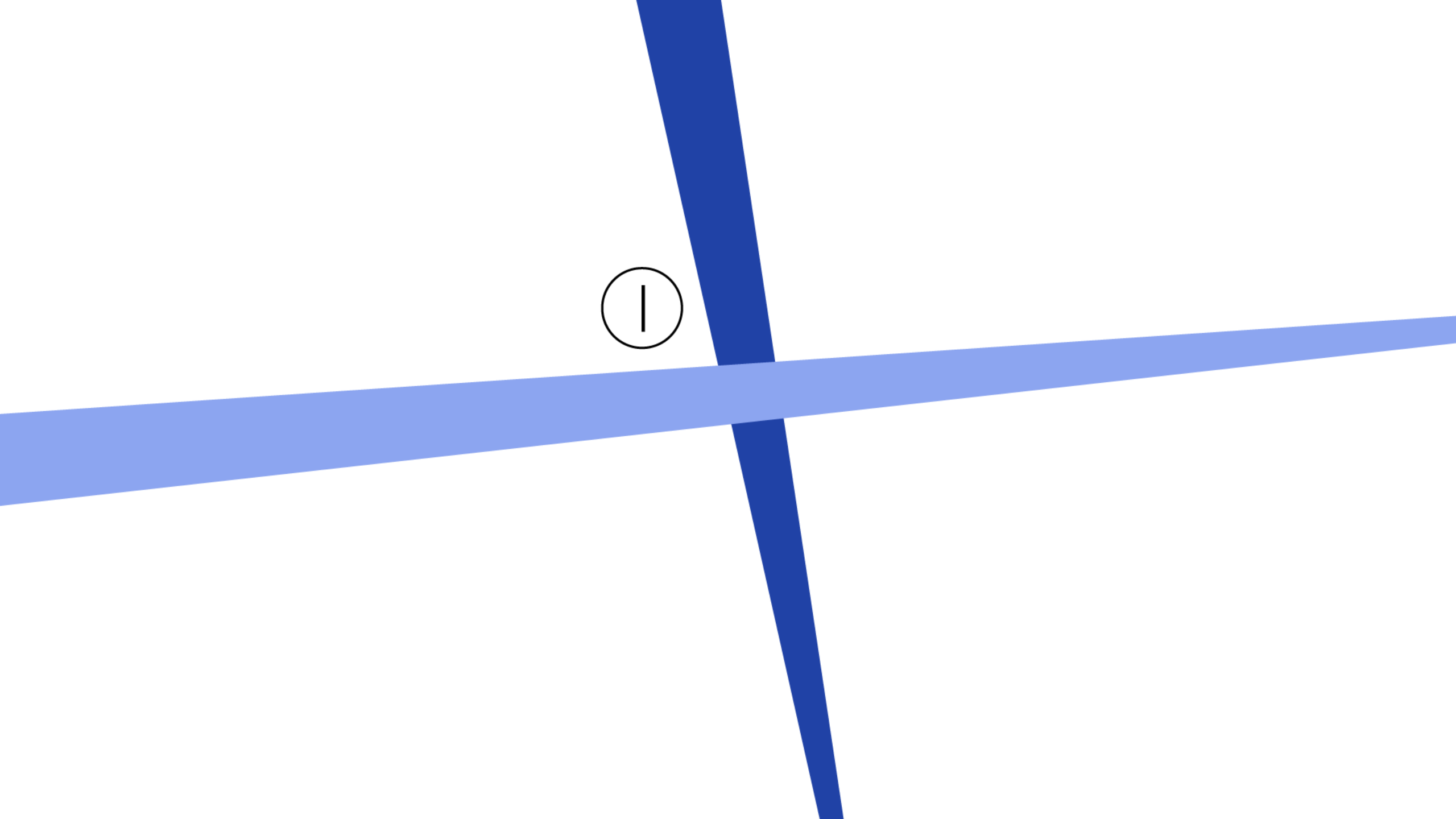
Take your paper and
divide it into 4 quadrants.

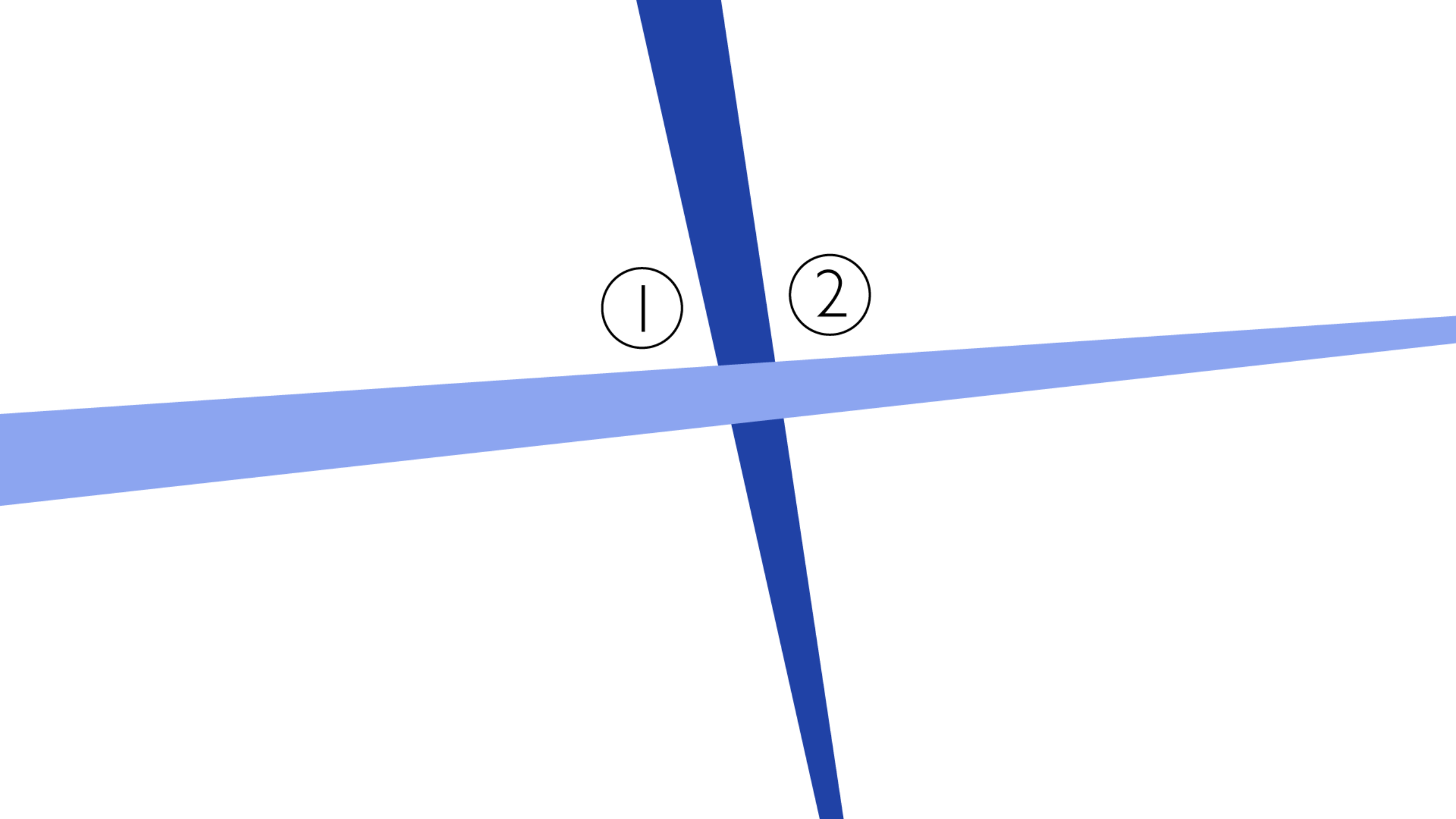
You can draw a “+” or an “x”
on your paper and this will work!

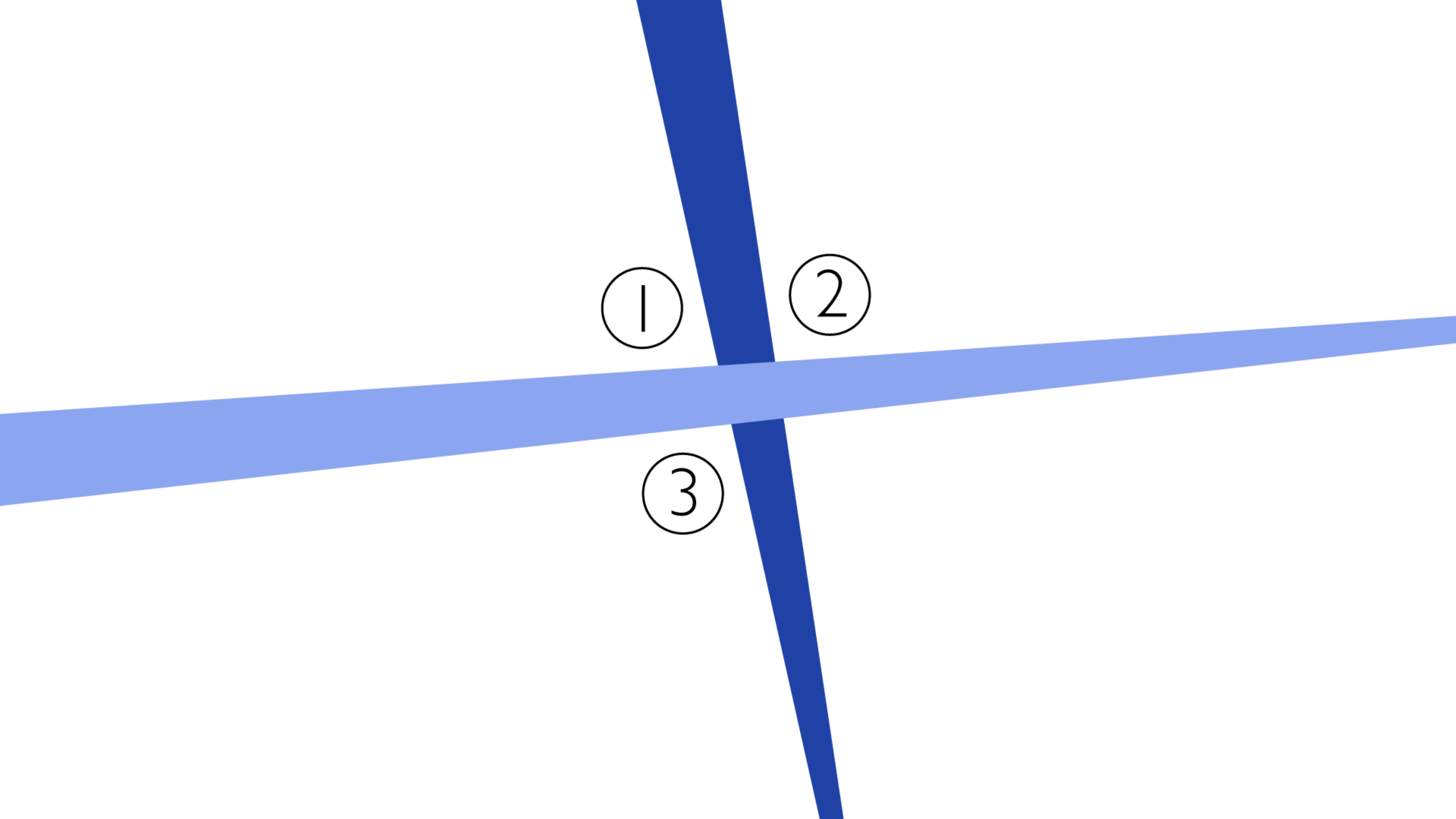
Then number each
quadrant: 1, 2, 3, & 4

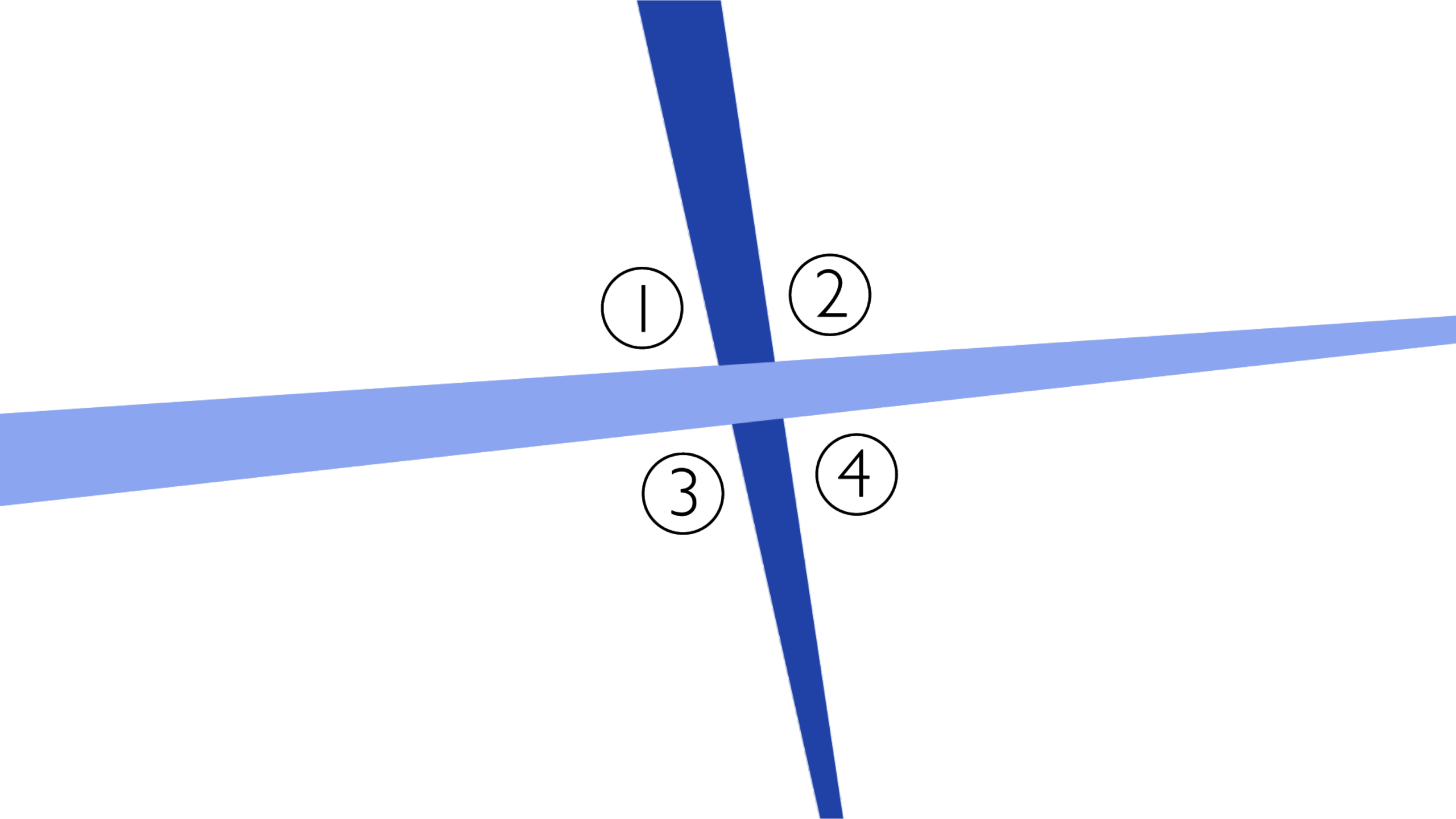








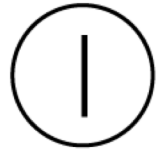




I will give you specific prompts and a countdown clock for you to make notes, draw pictures, and/or reflect on the messages you have learned about our topic and each guiding prompt.

You will not share this information with anyone at any point during this program.

This isn't an art contest – more of a opportunity for you to have a conversation with yourself about who and how you have become who you are today.



Messages You Learned
About You

5

minutes remaining

4

minutes remaining

3

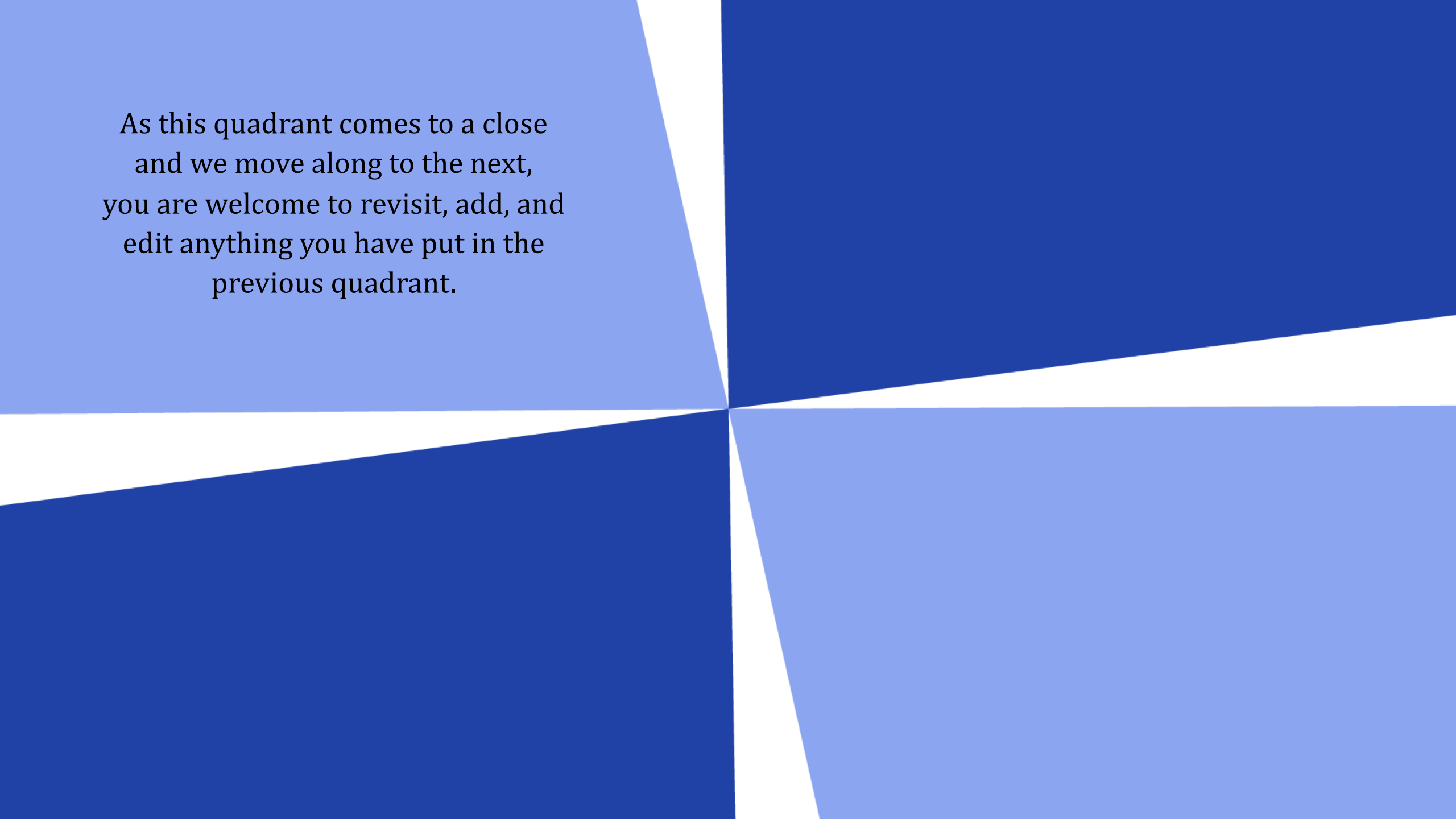
minutes remaining

2

minutes remaining



minute remaining



As this quadrant comes to a close
and we move along to the next,
you are welcome to revisit, add, and
edit anything you have put in the
previous quadrant.

②

Messages You Learned
About People
Other Than You

4

minutes remaining

3


minutes remaining

2

minutes remaining



minute remaining



As this quadrant comes to a close
and we move along to the next,
you are welcome to revisit, add, and
edit anything you have put in the
previous quadrant.

③

Messages You Learned
About Even More People
Other Than You

3

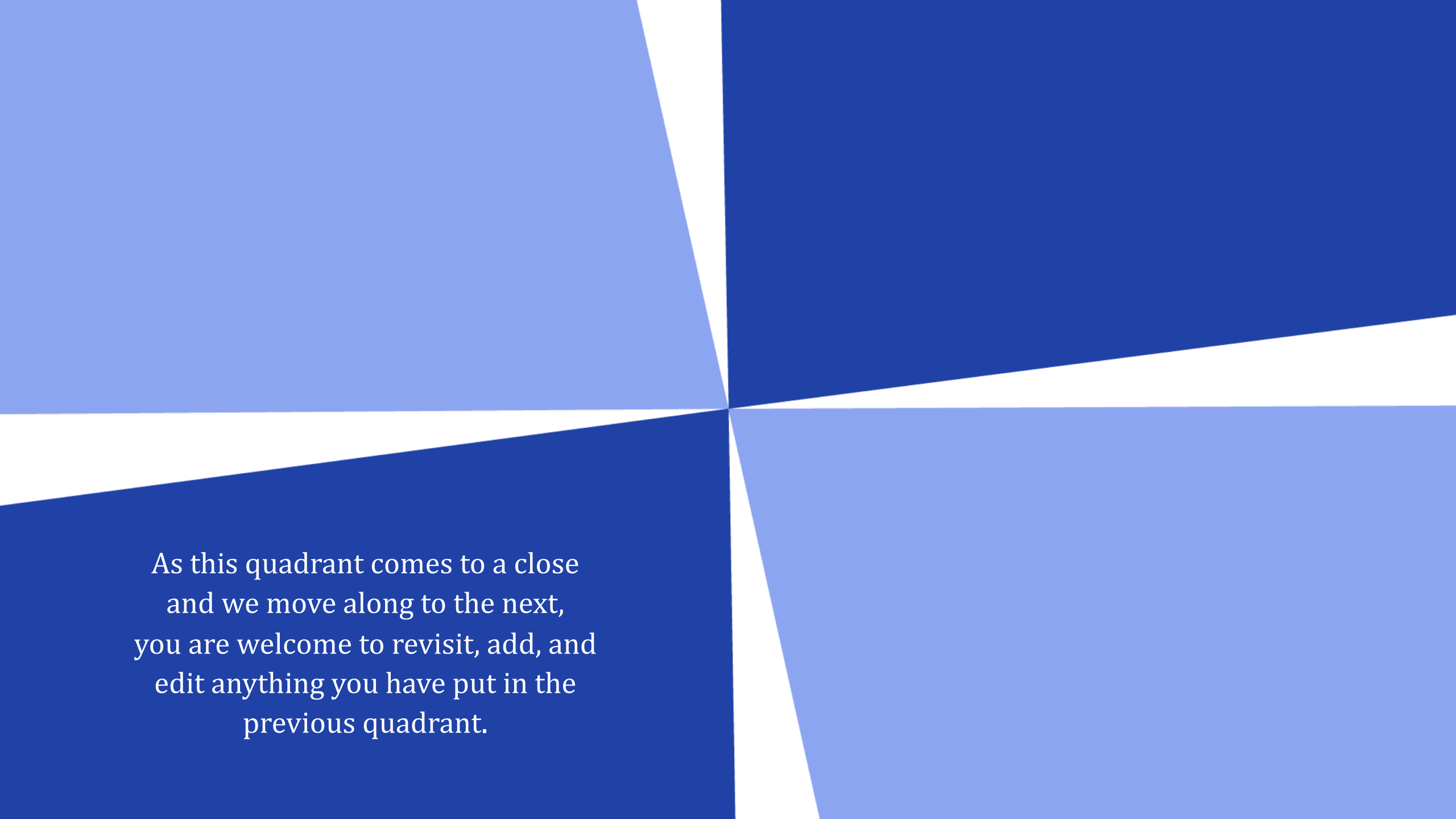
minutes remaining

2

minutes remaining



minute remaining



As this quadrant comes to a close
and we move along to the next,
you are welcome to revisit, add, and
edit anything you have put in the
previous quadrant.

4

Messages You Learned
From Times Where
You Colluded and/or
Participated in a Silencing
or Marginalizing Act

4

minutes remaining

3

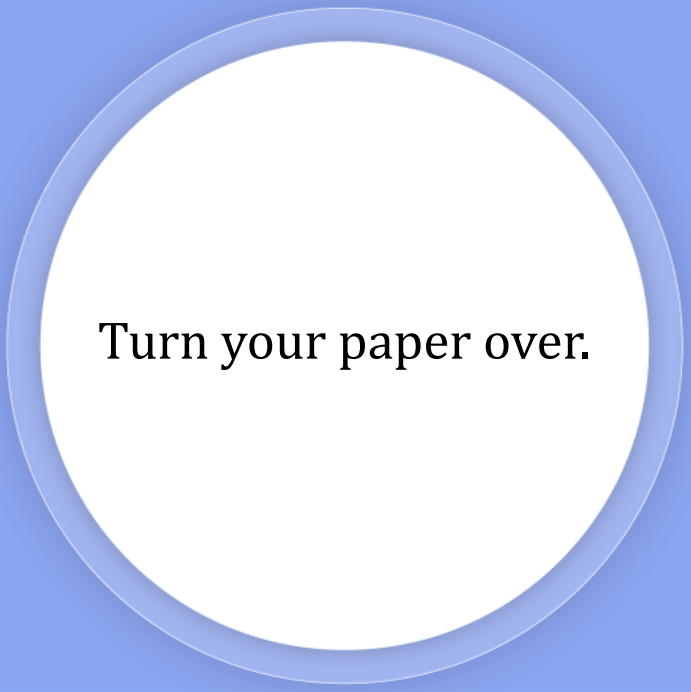
minutes remaining

2

minutes remaining



minute remaining



Turn your paper over.



Breathe.

If needed, feel free to text 202-670-4262
any questions or comments you
have at this point.

You can also use the Q&A/Chat function
through Zoom if you are joining through
your computer or smart device.

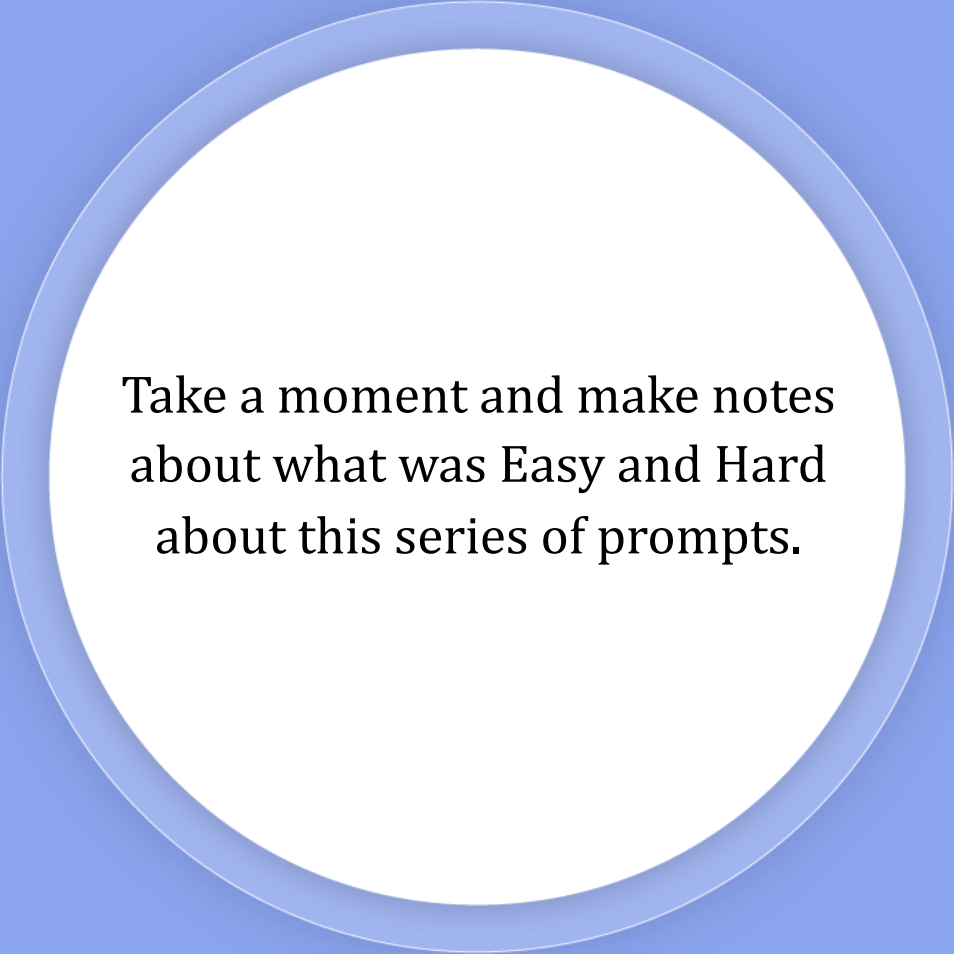


Draw another “+” or “x”

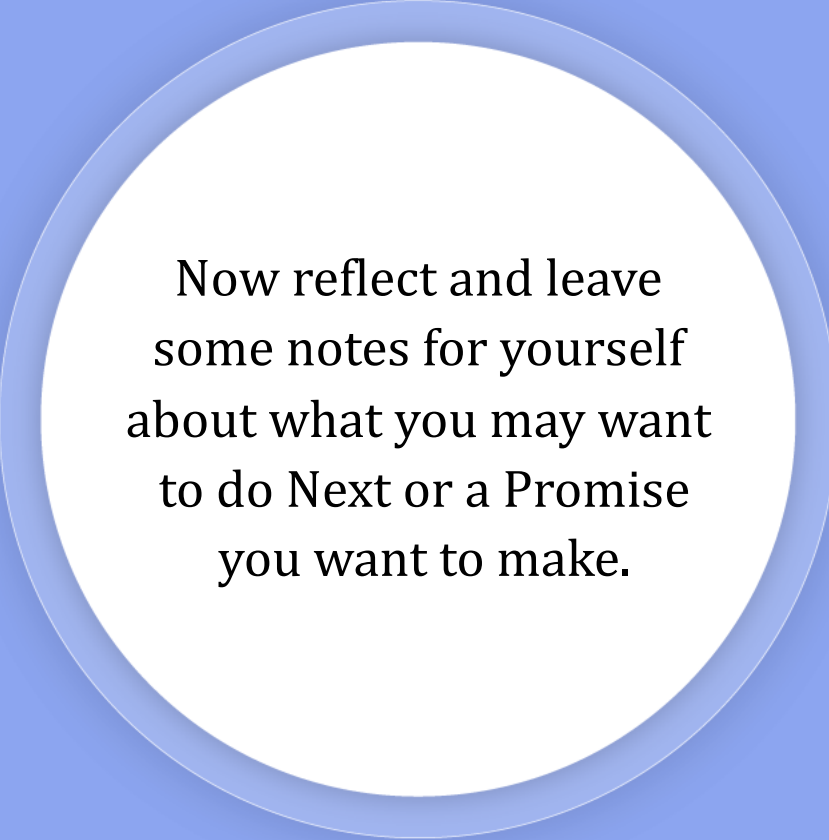


Easy

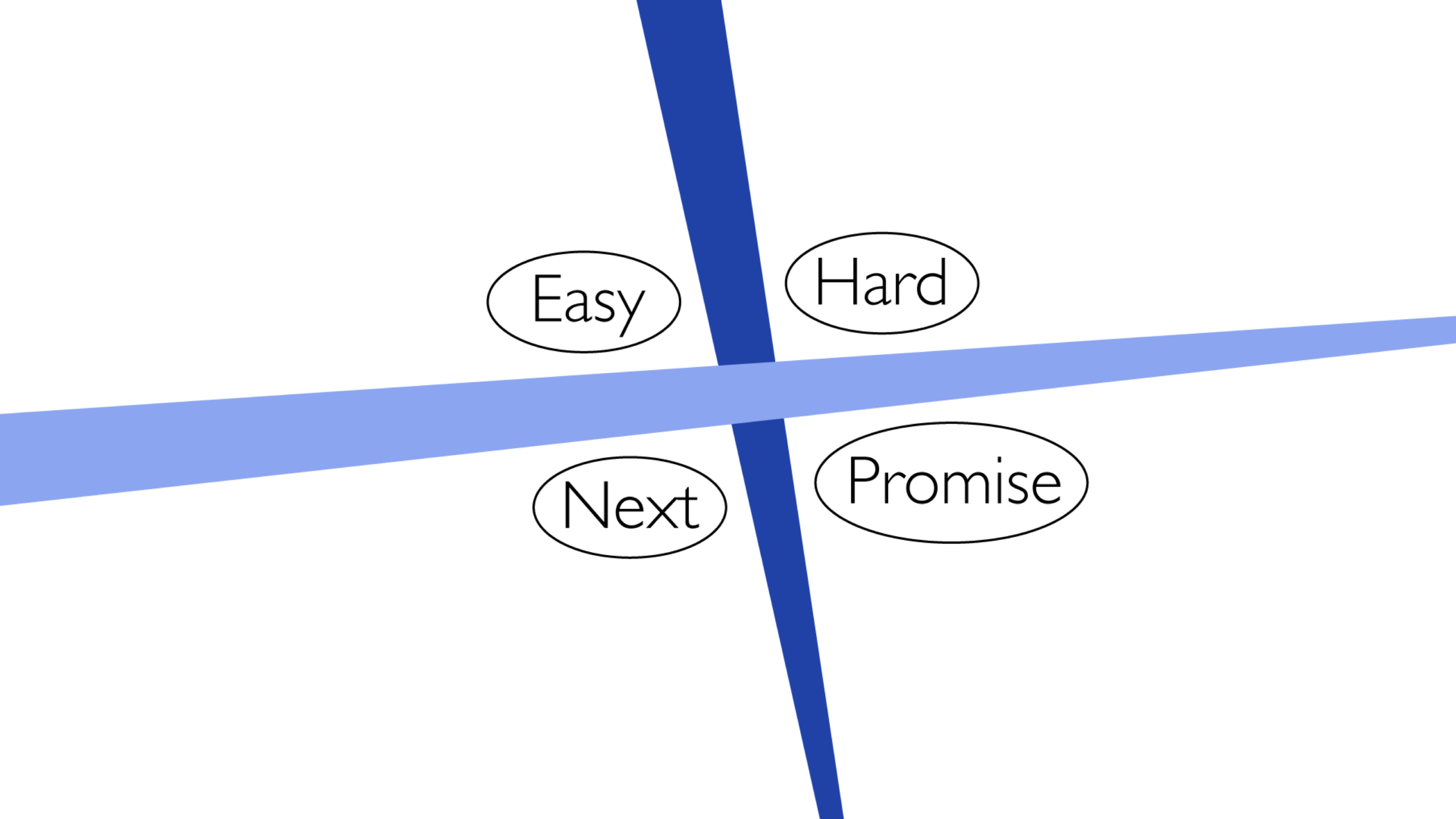
Hard



Take a moment and make notes
about what was Easy and Hard
about this series of prompts.



Now reflect and leave
some notes for yourself
about what you may want
to do Next or a Promise
you want to make.



Easy


Hard

Next

Promise



Breathe.



We are responsible for the
Messages We Learn as well as those
that we Teach.

We are also responsible to keep
learning, unlearning, relearning
so that we can be the best
teachers for others.

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have at this point.

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your computer or smart device.

