Messages I Learned

Sexual Identity/Orientation
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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 an 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
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.
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.
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.
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
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”
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.
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.
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.
Break