



MIC CHECK



Use the boxes below to practice positive self-talk, when faced with racist/discriminatory comments in-person or online. Then use your microphone to write down the positive self-talk. You can turn your positive self-talk into "I am" affirmations to say into the microphone, to remember how dope you are!

SOMEONE MAKES A NEGATIVE
COMMENT ABOUT YOUR SKIN
COMPLEXION/TONE

SOMEONE MAKES A NEGATIVE
COMMENT ABOUT YOUR HAIR

SOMEONE MAKES A NEGATIVE
COMMENT ABOUT YOUR FAMILY

SOMEONE MAKES A RACIST
COMMENT ABOUT BLACK
PEOPLE