



Knowing Me: Inside and Out

We all have aspects of our identity that we share with people or they can see about us. Some assumptions are based on our looks or incorrect biases. We also have aspects of ourselves on the inside that are not apparent or that we haven't shared with people.

Try this activity to help you reflect on what you share with people, what people assume about you and what you have inside that people might not know. This activity can be a great way to start a conversation if you complete the activity with someone you trust. If you complete this activity by yourself, you can also share with someone you trust what you learned about yourself in the process.

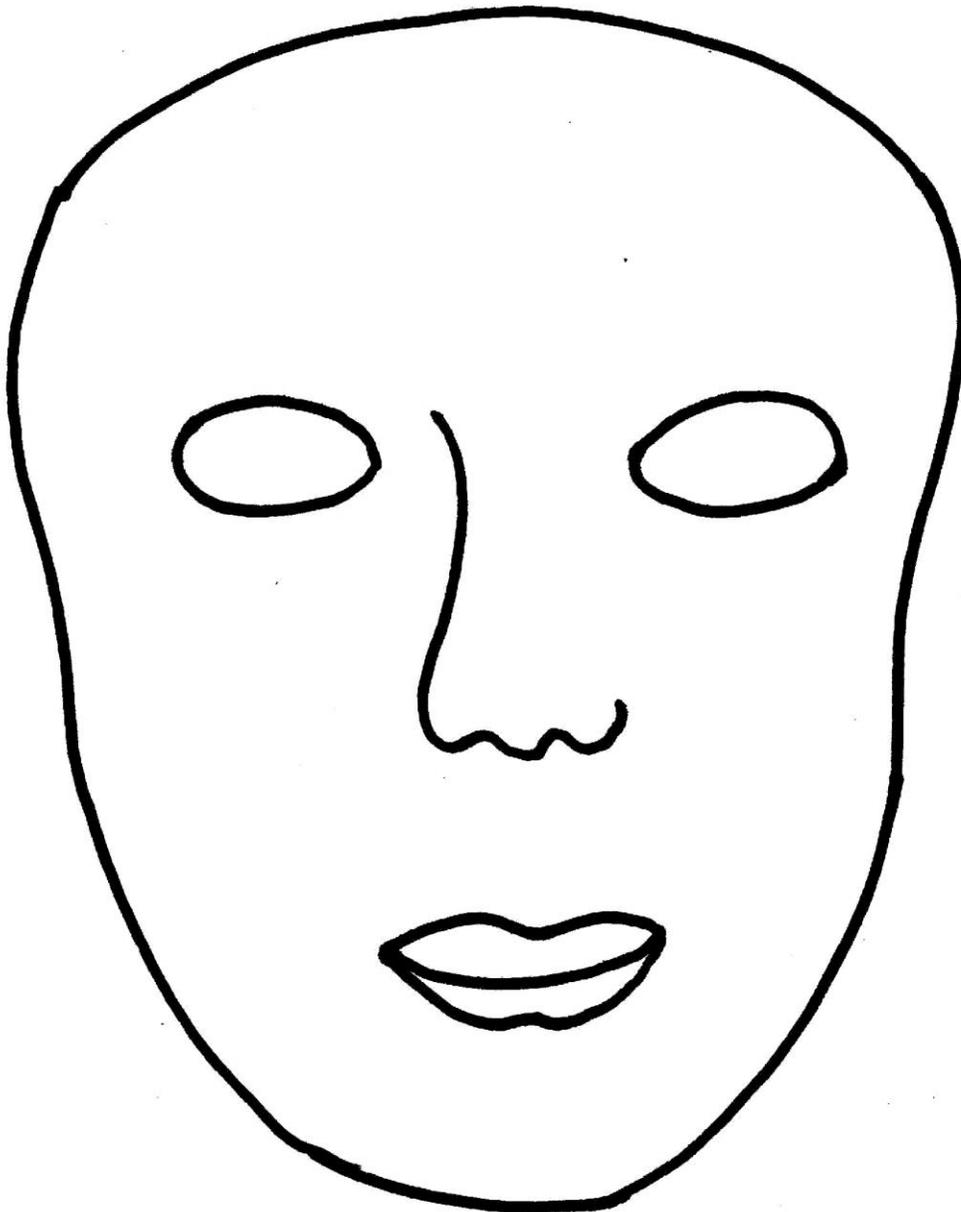
Materials:

- Coloring tools like crayons, colored pencils, markers or paint
- Decoration items like magazines and stickers
- A mask: you can use the mask outline below, draw one on paper, or purchase a mask from a craft store

Instructions:

1. Decorate the outside of your mask to express what you share with the world or people assume about you. You can write words to describe yourself, use colors to show the emotions people see, draw things that describe you or use stickers or images from magazines to express what people see about you.
2. Decorate the inside of your mask to express what you don't share or what people don't know about you.
3. Answer the following reflection questions.
 - What do I share with people? Why?
 - What do people assume about me? How do their assumptions make me feel?
 - What do I keep on the inside? Why do I keep some things to myself?
 - Do I want to share any of the things on the inside? What would it take for me to feel safe sharing it?
 - What is my plan for if I share something and the person doesn't respond well? Who in my support circle can I turn to for help?

Outside





Inside

