



## Identity Mapping

Understanding identities is essential for building strong relationships in our communities.

When we reflect on our personal experiences, we can appreciate what makes us who we are. This helps others understand the things that influence our thoughts and decisions.

### HOW TO USE

- With your child/student, fill in the blank Identity Map
- Use the following questions as a guide for facilitating reflection and conversation about identities
  - How much of who I am do I share with others?
  - How much control do I have over the things on my identity map?
  - How might things on my identity map affect decisions I make?
  - What are the different systems and structures that prevent you from showing up fully in these identities?

# Who You Are Matters!

With the help of the prompts, fill in the identity map on the next page.



1. **Add a photo** or draw a self-portrait in the center.



2. **Fill the circle** with words, drawings, or photos that describe you.

- Age
- Gender/pronouns
- Strengths
- Physical attributes
- Culture and/or religion
- Role(s) in your family
- Fears and dislikes
- Goals and dreams
- Interests and hobbies
- Beliefs and values

Choose as many as you like and add your own!



3. **Circle the item** on your identity map that is most important to your sense of self.



4. **Add a star** by the ones that you want others to know more about.



5. **Share your map with others** to find out what you have in common and what makes you unique!

# \_\_\_\_\_’s Identity Map

