

Learning About You: Who we are and where we come from matters.

★ Race, Culture, Identity

- The better I understand you, the better I can be at helping you.
- You may want to talk about your race, culture, and identity a lot. You may want to share a little. You may not want to share at all. I will respect your comfort level.
- Please share anything you believe is important for me to know about your family, your identity, and your beliefs.



Respect

★ Discrimination

- Being treated unfairly because of how you look or because you are part of a different group, especially race, is common.
- Discrimination harms people's health and well-being.
- Talking about discrimination can be an important part of your care, especially when it relates to why you are seeking treatment. If you're comfortable sharing, are there ways you see discrimination affecting you and your family?



★ Thank You

- Your feelings and experiences matter.
- There are ways our experiences (of race, gender, or community) will be different. In working with your family, I might make mistakes and I encourage you to bring attention to those mistakes so I am aware and can learn to do better.
- What you choose to share with me (about you and your family, or feedback about our work together) is deeply appreciated.



<--for parents and caregivers who are interested, this QR code leads to online resources for helping youth cope with racism.