



## **RISE Workshop Handout: Understanding Our Identities**

November 18, 2020 from 2:00 to 3:30pm PT, Zoom

RISE hosted an interactive 90-minute workshop for Oregon School Activities Association athletics directors and other stakeholders.

Over the course of the workshop, participants:

- Built awareness of the ways in which RISE and its partners are using sports as a vehicle to eliminate racial discrimination, champion social justice and improve race relations.
- Participated in RISE's Understanding Our Identities module designed to help participants explore labels central to our identities while also demonstrating just how fluid our identities can be. Participants also discuss ways in which diversity can be valuable.
- Became familiar with tools and resources available to increase understanding of racial equity and build cultural competence.
- Engaged in a closing Q&A period with RISE facilitators.

Additional resources are available on the [RISE website](#), including curriculum to use with athletes, coaches and staff.

- [Understanding our Identities](#) (activity facilitated November 18 with OSAA)
- [Diversity Concepts](#)
- [Inclusion, Exclusion & Racism](#)

Also, RISE's [Digital Learning Series](#) provides videos, articles and activities on several topics including equality vs. equity, privilege, sports as a vehicle for change and empathy.

### **About RISE**

RISE a national nonprofit that educates and empowers the sports community to eliminate racial discrimination, champion social justice and improve race relations. Through partnerships and programs, RISE inspires leaders in sports to create positive change on matters of race and equality.

Visit [www.RISEtoWIN.org](http://www.RISEtoWIN.org) to learn more.

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