

Mid-Peninsula High School's Human Relations course is a one semester life skills class for Seniors! It is designed for students as they transition from high school to their post-graduate plans. As a part of the curriculum, students used anti racist resources to explore and respond to the personal and collective cultural stories, experiences, and behavioral patterns that reinforce racism. Through readings, podcasts, and discussions, students will develop racial awareness and critical thinking skills.

Assignment: Alice Wong is a disability rights activist from San Francisco! Woo hoo! She is the founder and director of the Disability Visibility Project. Please choose *one* of the episodes from the attached list...you will need to scroll down a bit to reach the episodes. There are 97 to choose from! You can either listen to the episode or read through the transcript...or both! Then write a 1/2-1 page double-spaced reflection connecting disability rights to our anti-racist work. What is intersectionality and how does it relate to different identities?

"I really liked this episode, first of all it talked about mental health specifically in the LatinX community which is a community very dear to my heart. My father does a lot of things similar to Dion Vargas and so that was really cool to hear. She even spoke like my dad. I really wanted to see her book though and I might go check it out sometime...They really just touched the surface of our healthcare system and how racist and flawed it was. One thing that really stood out to me was one part where they said "It is hard enough to find a healthcare provider that looks like you, but when you don't have insurance you don't have the privilege to worry about that you have to try and find someone who will take care of you period." ~ Andries de Wit Castellano

"Intersectionality explores how different aspects of a person's identity combine to form their specific viewpoints and experiences in life. For example, some bigger things that affect my experiences in the world are the facts I'm white, queer, Jewish, and female; they're intrinsically linked in my views and such. I won't have the same views or experiences as someone who's black, straight, Christian, and male, for example. Connecting intersectionality to race, disability rights, and self-advocacy is (sadly) simple. People with disabilities, especially those that aren't physically visible (and even those that are) are often treated as lesser beings, incapable of handling themselves, or just brushed off when seeking assistance like a medical diagnosis." ~ T.E.

"Unfortunately, people are often seen only for one part of their identity. This is a massive problem in combatting discrimination. The racists, sexists, ableists, etc., only see the people they discriminate against for one particular part of their identity. One unfortunate fact of life is that from one glance you can't see a person's personality...They talked about how an invisible

disability, as the name suggests, is invisible at first glance. Most people assume that a disability involves some sort of movement problem. This assumption is further compounded by the disability sign, the blue signs with a person in a wheelchair on it.” ~ Connor J

“First of all, I think it is important to point out that America is a country full of immigrants. That’s what shapes our country. Unfortunately, some people can’t accept the fact that immigrants are what shape us into who we are today...People need to start understanding this. It frustrates me that some people can’t find help and go to a hospital or clinic because they will get detained. That’s just not right. I think this has made me realize my privilege. I am a person of color, but I never felt unsafe getting help.” ~ Mia L

“Just like we have talked about there being underrepresentation of people of color in various aspects of life, they are also underrepresented when it comes to mental health and mental health disabilities and struggles. Without representation, people of color are often left feeling alone in their struggles with their mental health disabilities. Especially with the stigma around mental health that already exists, being a person of color with a mental health disability, who is not widely represented, could be very isolating and scary.” ~ Grace Marek