

# WHAT IS IDENTITY?



## WHO AM I?

NAME:

# Quick Write

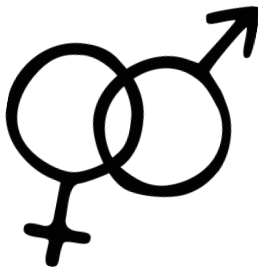
What do you think of when you hear the word identity? (using your own words)

Why does our identity matter?

# What is identity?

**IDENTITY** REFERS TO THE THE GROUP OF CHARACTERISTICS BY WHICH A PERSON IS RECOGNIZED OR KNOWN.

**IDENTITY** IS THE SET OF CULTURAL NORMS OR PERSONAL CHARACTERISTICS THAT ALLOW INDIVIDUALS TO BE RECOGNIZED AS PART OF A GROUP.



# IDENTITY

gender

language

education

career

ethnicity

race

socioeconomic  
status

religion

nationality

age

abilities/  
disabilities

values

sexual  
orientation



**ME**

Now that you have listed some of the aspects of your own identity, let's divide those up by which are intrinsic and extrinsic. Think about what is "visible" to people when they first meet you.

Intrinsic  
(who you are on the  
inside)

Extrinsic  
(who you are on the  
outside)

**ethnicity**

**education**

**religion**

**career**

**age**

**socioeconomic  
status**

**gender**

**nationality**

**race**

**abilities/  
disabilities**

**language**

**sexual orientation**

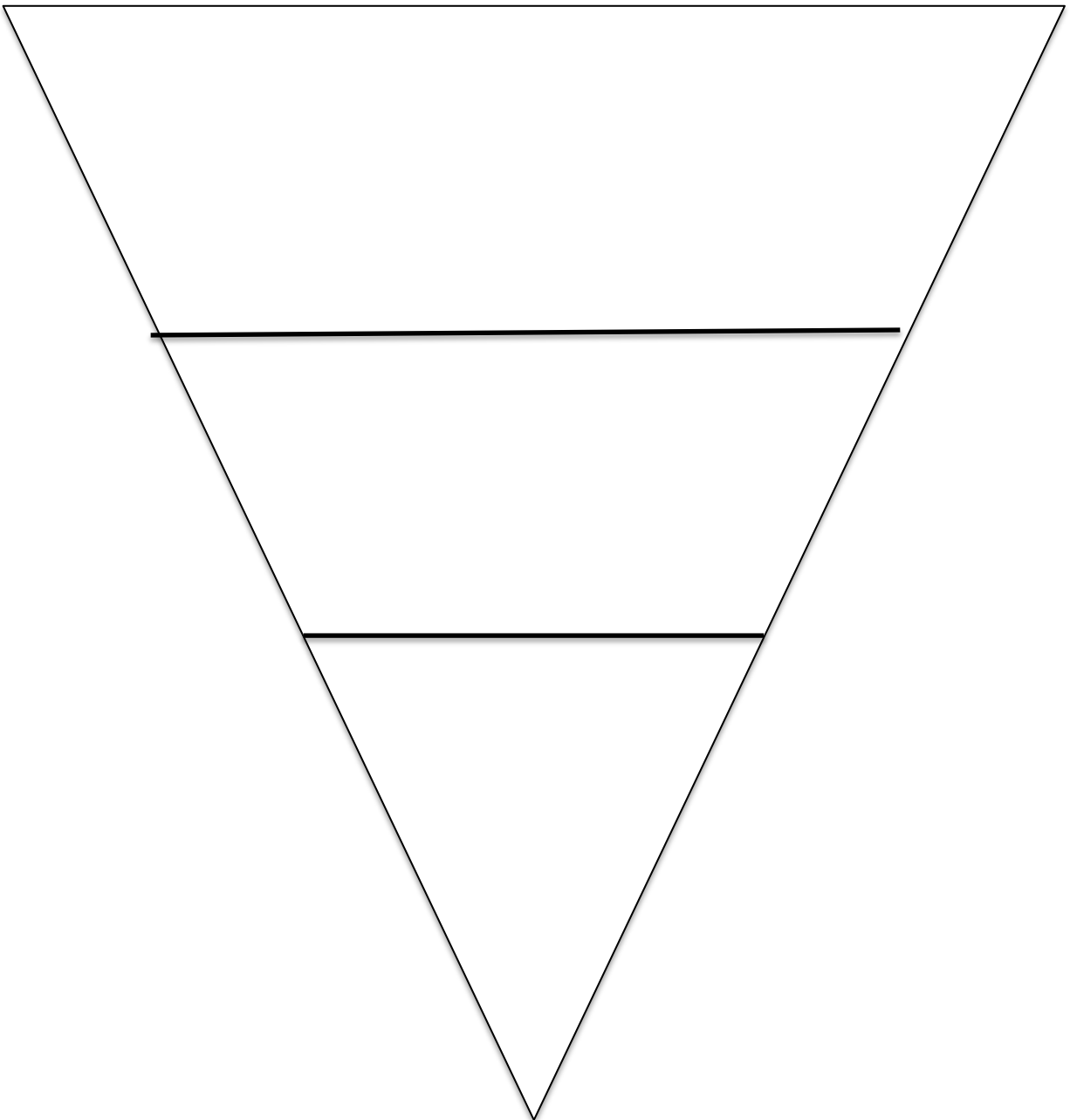
**values**

# Identity Pyramid

Think about all of the aspects of your identity.

The ones you think about most often, put them at the top of the pyramid.

The ones that you don't think about as often, place them at the bottom of the pyramid.





Look back at your about your identity pyramid. What parts of your identity do you think about the most? Why are those the important to you? Did you leave any out?

Can you change parts of your identity? If so, which parts? How can you change them?