

21 Diversity and Inclusion Challenges



1 POINT

- Purchase and read a magazine with a differing perspective, such as Black Enterprise, US Veterans Magazine, Global Woman, etc.
- Go out of your way to greet someone who looks like they need a smile.
- Watch a highly-rated movie with a cast that looks different from you.
- Try a meal of a new ethnicity. Triple points if you go to a home rather than a restaurant.
- Read a news article written by someone with opposing views from yourself.
- Complete cultural competence checklists (on.asha.org/comp-assess) to heighten your awareness of cultural issues.

2 POINTS

- Patronize a small business of a historically underrepresented group.
- Read a book by an inspiring person of another race.
- Do an implicit bias exercise to explore your unconscious bias. We all have them!
- Spend an hour at work using a screen reader.
- Take a coworker to lunch and get to know them. Ask what experiences have shaped them into who they are today.
- Attend a speaking event of someone who has a different life experience than you.
- Cook an authentic recipe from a culture other than your own.

3 POINTS

- Attend a church service of another faith.
- Volunteer for an organization of a different demographic.
 - soup kitchen (if you're affluent)
 - senior home (if you're a millennial)
- Do an activity that allows you to make a friend who would not generally be in your in-group. (Join a club, take a class, etc.)
- Attend an LGBTQ+ ally event.
- Visit a cultural institution (museums, art galleries, theatres, public libraries, archives, festivals).
- Take an introductory course on a new language (via Babbel or Duolingo)
- Attend a Diversity event (panel, conference, speech, etc.)
- Spend the day with someone with a physical disability to understand how they navigate their day.