

WEEK 19



Understanding Bias

This is week 19 of the 21 week Challenge. Today we explore the issue of our own biases. We all have bias. But often, we are not aware of the biases that we subconsciously hold. Research shows that years of structural and cultural constructs have deeply embedded stereotypes into our own subconscious. Research also shows that we can actively rewire these neural associations by being more intentional about recognizing and acknowledging our biases.

This Week's Challenge



Read

one or more of the compelling personal stories featured in the Speak Up Handbook by the Southern Poverty Law Center. We would like to point you to page 19 titled [“What Can I do About My Own Bias?”](#) but feel free to use the table of contents on page 2 to explore other topics that interest you

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Read You can also check out the [nine tactics to ensure your actions line up with your intentions.](#)



Watch https://www.youtube.com/watch?v=pmW_q5dmosM **What is**

[Unconscious Bias](#) (3:20) Brief video explaining how our brain established neural pathways leading to unconscious bias.

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