

Pediatric Anti-Racism Curriculum (PARC)

Final Session: Individual and Group Reflection Framework

This worksheet was created to serve as a framework for your final session. We hope that the questions below will help you think about how this experience has impacted your thoughts and behaviors as we work toward creating a more anti-racist world. Feel free to use these questions as a guide, or to follow the organic flow of your group's conversation.

How do you want to contribute to tackling systemic racism at home or in your community?

How can you and your PHM group tackle systemic racism at work?

How will you get there?

The steps I will take are...

- 1.
- 2.
- 3.

What are some obstacles?

What may get in my way...

- 1.
- 2.
- 3.

How will I confront and combat these obstacles? Who can I reach out to for support?

How will I know I have made progress? When and how will I reassess?

I pledge my commitment to learn about racial injustice and racial inequity, reflect on my own responsibility to drive change, and act to dismantle systemic racism.

Sign: _____

Date: _____