

**Everyone starts with 0 points.**

**Read the following statements and subtract or add points to identify your Starting Point**

**This activity is designed to make us think about how life events can both advantage and disadvantage us – we do not all have the same starting point score**

1. If you were widowed before the age of 51 – **take away 2 points**
2. If you are physically able to take a step forward or backward, **give yourself 2 points**
3. If you get uncomfortable about a joke related to your race, religion, ethnicity, gender, disability, or sexual orientation but can feel unsafe to confront the situation, **take away a point.**
4. If you can walk down the street, holding the hand of the partner of your choice and not be afraid that you will encounter violence because of your genders, **have a point.**
5. If people in the UK rarely get your name wrong and find it easy to remember, **have a point.**
6. If you were told that you were beautiful, smart and capable by your parents, **give yourself a point**
7. If one or both of your parents were/are professionals: doctors, lawyers, etc. **give yourself a point**
8. If you don't have to think about which changing room or toilet to use, **give yourself a point**
9. If you don't have to pay a surcharge to use the NHS, **have one point**
10. If you have seen members of your race, ethnic group, gender or sexual orientation portrayed on television in degrading roles, **take off a point.**
11. If you have been offered a job or an opportunity because of your association with a friend or family member, **have a point**
12. If you do not have to ask people to use your preferred pronouns ( e.g. she, he, they), **give yourself a point**
13. If your family had to move because they could not afford the rent, **take away a point**
14. If you attended private school, **give yourself a point**
15. If English is your first language, **have a point**
16. If one or both of your parents have a University degree, **give yourself a point**
17. If you have usually worked with people you felt were like yourself, **give yourself a point**
18. If you are able to move through the world without fear of sexual assault, **have a point**
19. If you would never think twice about calling the police when trouble occurs, **have a point**
20. If you can go to an event at any time without having to delegate caring responsibilities, **have a point**
21. If you could buy a new suit for a formal event or job interview without worrying about how you would afford it, **have a point**
22. If you feel comfortable walking home alone at night, **give yourself a point**
23. If you are never asked to speak on behalf of a group of people who share an identity with you, **give yourself a point**
24. If you or someone in your household suffered or suffers from mental illness, **take a point away**
25. If you have an invisible illness or disability, **take a point away**

Dr Maebh Harding

**RECORD YOUR STARTING POINT SCORE BELOW:**