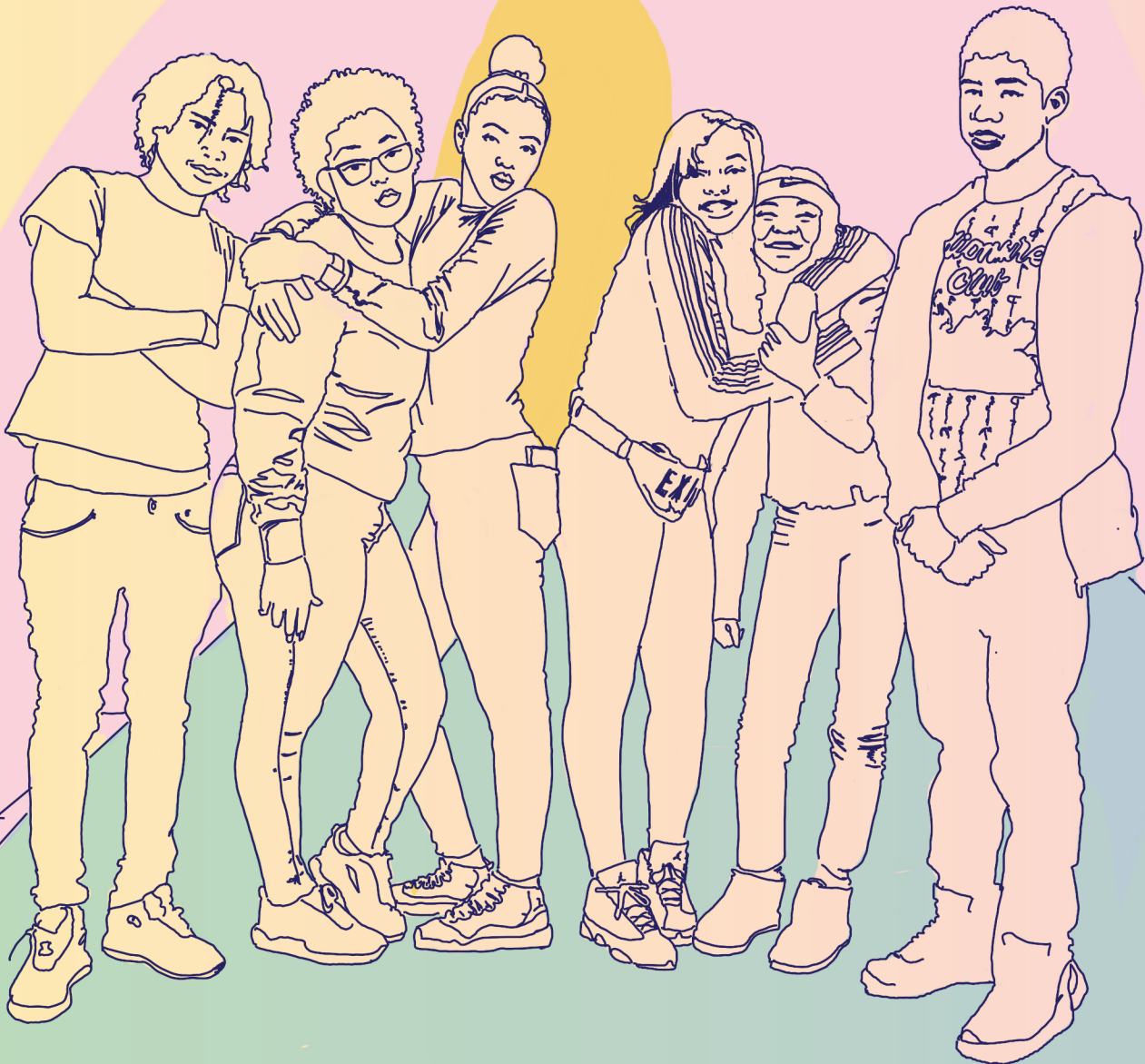


What makes me ME?

A workbook



What makes a person who they are?

Special thanks to our teaching partner Yexenia Vanegas

Explore what makes you **you!** This is an interactive workbook created in partnership with People in Education and Burton International Academy in Detroit. Based on the core aspects of identity that Burton students wanted to talk about; we created interview questions for getting to know yourself.

Reflect on the questions in each section independently or interview a friend!



The more we can make space to cultivate a sense of self, the more self-aware we become.

Young people at Burton defined six aspects of identity that make them who they are:

Emotions + Hormones
Sexuality + Gender
Personal Style
Astrology
Interests + Hobbies
Personality



The Basics

Your preferred name is

Fill in here

Your age

Your preferred pronouns are

Circle and/ or fill in the blank!

She / Her Per/ Per They/ Them

He/ Him Ve/ Ver Xe/ Xem

E/ Em Zie/ hir _____

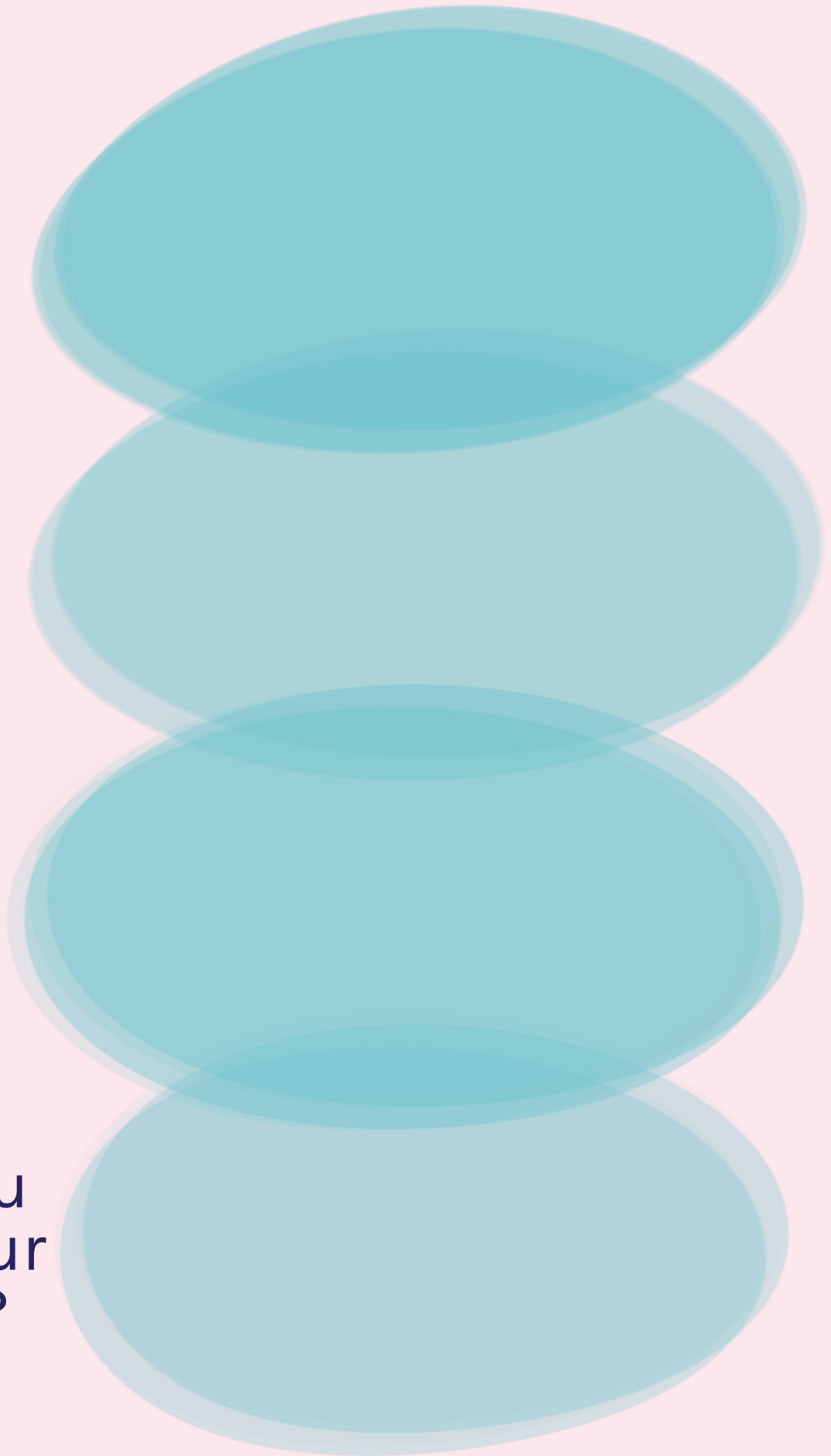
Emotions + Hormones

How's life?

What
excites
you?

How do you
deal with
your anger?

How do you
manage your
emotions?

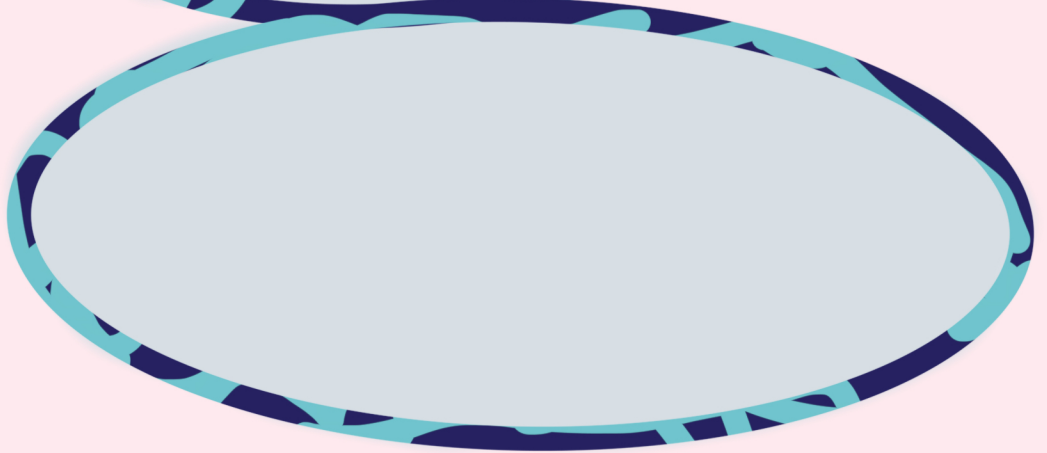


Sexuality + Gender

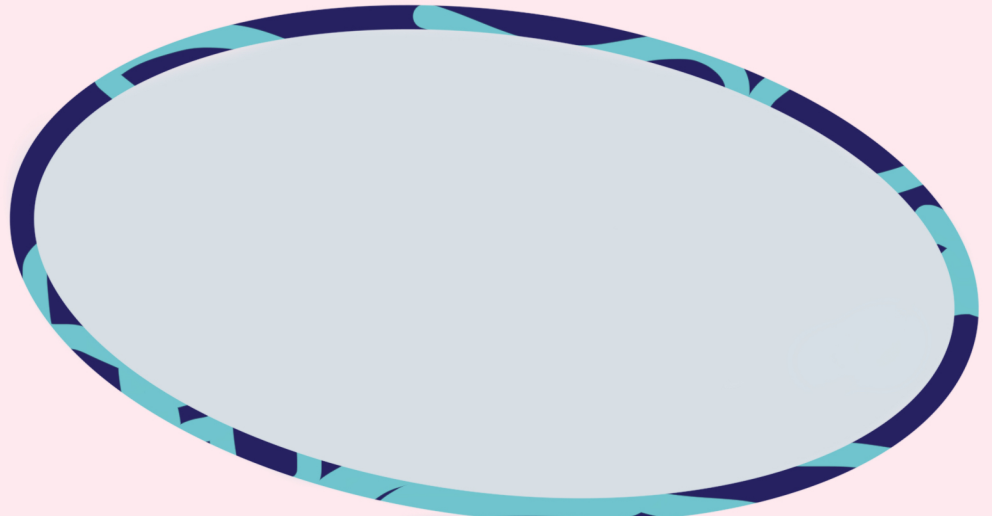
What do you consider your sexuality to be?



What do you consider your gender to be?



How does your culture influence the way you learn about sex?



What do you find attractive in a potential partner?



Personal Style

Who are your style icons?



Who cuts / styles your hair?



How does your style change based on what mood you are in?



Astrology

What is your zodiac sign?



What sign are you most compatible with?



What sign annoys you the most?

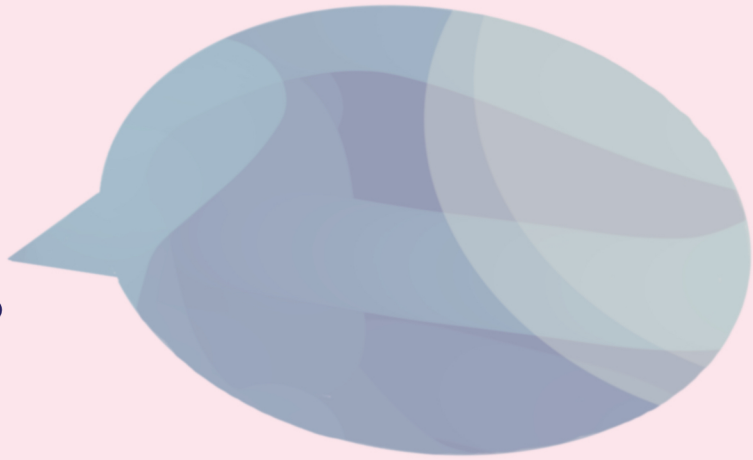


Personality

Why do you act
the way you
act?



What color is
your personality?



How do you feel
about yourself?



Who inspires
you?



Interests + Hobbies

At what age did you get into music?

What is the first video game you ever played?

What is your dream pet, and why?

If you could play any sport in the world what would it be?

Finish this statement:

I am _____, _____

and _____



Ethnicity Pet peves

Family

Food

Sports Race

Music

**Make your own
question:**



Special talents

Goals

Habits

Tv

Mental health

Inspired by questions from the 8th grade class of Burton International Academy

