

Race & Romance:
Navigating Interracial Relationships *with*
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What's your “why?”

Why did you decide to come to this session?

What do you hope to learn?

What you'll walk away with

- **Reflect** on your own identity in relation to your love life
- Name and understand “**your type**” and where it comes from
- Craft and share your **narratives** about interracial and intercultural dating/relationships
- Take home at least one **tangible** strategy to better communication in your relationships

How we will get there

- Solo self-reflection time
- Large group discussion
- Small groups with drawing/writing
- Role play and debrief

What makes you...
you?

Categories of Identity

Including but never limited to...

- Race/ Ethnicity
 - National Origin
 - Sex
 - Gender/Gender Expression
 - Sexuality
 - Class
 - Environment during upbringing
 - Complexion
 - Immigration history
 - Etc, etc, etc, etc...
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Which ones are
your most salient
identities?

Activity

- What's your type? Be as honest with yourself as possible!
 - SHARE: Where did you learn to like what you like? **REFLECT** on childhood memories, past crushes, family, media, etc.
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Small Groups

- If you have ever been in an interracial relationship, what are the aspects that make you the happiest?
- What are the challenges?

Role play: Pick a topic!

Takeaways

- Exploring and understanding yourself *first* is the most important step in intercultural/interracial relationships
- Intercultural dating can be hard and confusing at times. Build a friend group you can go to when times get tough
- Learn your script for sharing your frustrations and understand what you need to hear theirs

Dating is just one element of the human experience. It's a unique way for strangers to meet and create stories.