



Getting to know... IDENTITY PROJECT GLOBAL



Essential Facts About the Identity Project

The Identity Project is an 8-week, evidence-based curriculum designed to facilitate adolescents' exploration of their ethnic-racial identity¹ (ERI), a key social identity unique to and possessed by every individual.



Why Ethnic-Racial Identity?

ERI recognizes the interconnectedness of ethnic identity (e.g., grounded in language, traditions) and racial identity (e.g., grounded in experiences due to physical appearance such as skin tone and facial features).²



Why Adolescence?

Identity becomes a central focus during adolescence (~ages 10-20) when youth are working to understand who they are and who they want to be.³



Why is the Classroom the Right Place?

Schools can play a significant role in shaping students' overall sense of self by creating a climate that values their ethnracial backgrounds.^{4,5}



How are Teachers Involved?

The Identity Project supports this process by providing teachers with a curriculum that engages adolescents in activities that provide opportunities for them to explore and reflect on their ERI.

A Universal Curriculum for a Universal Process



ERI development has been linked to many benefits for youth.⁶ In other countries, the term ERI is not common. Instead, terms such as cultural background, migration background, or immigrant background are more often used to refer to a similar concept.

Regardless of which term is used, we see from studies evaluating these similar concepts outside the United States that identities based on these factors (e.g., culture, immigration) are a salient part of youth's lives, further pointing to the worldwide importance of ERI.^{7,8}

ERI development is an **essential task for the positive development of all youth.**⁶

Benefits of the Identity Project

The Identity Project gives youth the skills they need to engage in their own exploration process. Subsequently, this supports adolescents in gaining a greater sense of clarity regarding **who they are and what their identity means to them.** Research shows that adolescents who have a stronger sense of clarity (i.e., ERI resolution) also tend to have:¹⁰⁻¹²



Improved School Performance



More Positive Attitudes Toward Other Ethnracial Groups



Better Mental Health

Above all, when adolescents are confident in who they are, they make the best choices for themselves, are more resilient, and can thrive *in any context.*

Student Voices



“... I have become **prouder of my culture.** Yes, absolutely. I think it has been exciting to explore it and gain more insight.”

An upper-secondary student in Norway speaking about becoming more in touch with her Kurdish identity through the Identity Project.¹³



“After our sessions, I started noticing that one of our classmates was treated in a discriminatory way... I’m trying to include him more in our group, **I don’t want him to feel different.**”

An upper-secondary student in Italy reflecting on their Identity Project experience.¹⁴



“I liked learning the different parts of myself that I never really thought about. I also liked learning about everyone and their identities. **I saw that my classmates and I are all different and similar in many ways.**”

A high school student in the United States commenting on her favorite part of the Identity Project.⁷

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