



Getting the Reps with: NBA Player Jason Collins

You Create Your Own Path

Key Takeaways

- You have all these stereotypes as a young person that you take a look at and then you realize you don't have to fit any of them. It's ok just to be you.
- As human beings we aren't just one thing. Stereotypes are created by people who want to make things simple but humanity is much more complex than that.
- As a Black man Jason was surrounded by people who built him up and helped him "thicken his armor". His experience as a young man who was gay but not out was a little different.
- There is great value in learning how to be proud of and celebrate all of the things that make you who you are.

Things to Think About

- What are some stereotypes that people have or might try to apply to you?
- How might you challenge negative stereotypes?
- What is one thing about yourself that you are proud of?

Ways to Practice

- What's a responsibility you can commit to this week? Pick one for your sport and one outside of sports.
- What's one way you can help someone else take on their responsibilities this week?

