



HANDS-ON ACTIVITY
FILL IN THE
BLANKS

Controlling narratives are created, internalized and perpetuated by all of us — police, the press, politicians, and every day people. Use the fill-in the blanks exercise below to meditate on how we as individuals internalize controlling narratives.













On your own or with a group, fill in the blanks with words that come to mind.

Do the exercise again after reading the Enduring Legacies chapter.

You can also use this exercise to break down how controlling narratives operated in one of the police interactions in the book.

Once you have done this a few times, ask yourself:

- × How are these controlling narratives reinforced through the media or popular culture?
- × How do controlling narratives support existing relationships of power?
- × List two ways you can begin dismantle controlling narratives in your community.

	women are		so we should		them.
	women are		so we should		them.
	women are		so we should		them.
	women are		so we should		them.

For more information on this exercise check out pages 18–19 in the study guide