

The Teflon test

Think about, and put a tick in the corresponding box, how often, if ever, you have experienced discomfort, looks, taunts, abuse or uncomfortable questions because of any of the reasons below.

	Often	Sometimes	Rarely	Never
Gender				
Sexual orientation				
Age				
Religion				
Gender identity				
Disability				
Ethnicity				
Social group/background				
Body shape				

What is the point of the test?

This is an easy way to reflect over your own situation and your environment. It is also a good way to get an idea what the norm looks like. If most of your ticks are in the “never” column, it is more likely that you are part of the norm and therefore that you have not often thought about these kinds of questions.