

# Implicit Bias and You

We all have biases. Often rooted in our subconscious, implicit bias reflects our feelings and attitudes about others based on characteristics such as race, ethnicity, age and appearance. Beginning at an early age, these associations develop over the course of a lifetime and can impact our behaviors and lead to discrimination.

The good news? Bias is fixable. When we take time to interact with those who are different from ourselves, we adjust our bias and gain a more realistic understanding of and deeper appreciation for others. This is especially important for parents to consider as they make decisions about their children's experiences, relationships and upbringing.

To learn more about techniques for adjusting your own biases, or how you can help shape your children's attitudes about others in a positive light, join our February webinar.

Need help? Your EAP can provide additional guidance and resources.



**WEBINAR**

02.20.19 12:00pm ET

**REGISTER**

## Recognizing and Understanding Implicit Bias

Implicit bias: The attitudes or stereotypes that affect our actions and decisions in an unconscious way. Discover where these biases come from and how they impact behavior as you learn to evolve your understanding of self and others

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