

Resistance and Empowerment Against Racism (REAR) Scale



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See: Suyemoto, K. L., Abdullah, T., Godon-Decoteau, D., Tahirkheli, N. N., Arbid, N., Frye, A. A. (2021). Development of the Resistance and Empowerment Against Racism (REAR) Scale. *Cultural Diversity and Ethnic Minority Psychology*, 28(1), 58–71. <https://doi.org/10.1037/cdp0000353>

Instructions: People engage in different activities to reduce, resist, or interrupt racial discrimination. Within “racial discrimination” we include not only major actions like name calling or physical harassment, but also less direct or extreme activities such as making stereotypical assumptions or exclusions based on race. Discrimination doesn’t have to be intentional, it could be unintentional. With these understandings in mind, please complete the items below in relation to your experiences with discrimination against you or your specific racial group unless otherwise indicated. Please tell us about your actual experiences and what you do, rather than your intentions or what you think you should or shouldn’t do. Remember, there is no “right” answer.

Item	Factor
1. I trust my feelings that something is racial stereotyping or discrimination, even if I am not certain of the intent.	1 – Awareness and relational resistance
2. I choose not to laugh at jokes that stereotype or racially discriminate.	1 – Awareness and relational resistance
3. I believe that it is rewarding to stand up to racial discrimination, even though it is hard.	1 – Awareness and relational resistance
4. I support and validate others when they experience racial stereotyping or discrimination.	1 – Awareness and relational resistance
5. I create or lead activities or organizations that aim to reduce or resist racial discrimination.	4 – Leadership for resistance
6. I publicly respond to others’ online postings about racial discrimination.	1 – Awareness and relational resistance
7. I educate myself about race and racial discrimination.	1 – Awareness and relational resistance
8. I participate in activities or organizations that aim to reduce or resist racial discrimination for all people of color, not only my racial group.	2 – Participation in resistance activities and organizations
9. I organize petitions, letter writing, or phone drives that aim to reduce or resist racial discrimination.	4 – Leadership for resistance
10. I remember instances of racial stereotyping or discrimination to have as examples of the existence of racism.	1 – Awareness and relational resistance
11. I recognize that I have to actively work to address racial stereotyping or discrimination.	1 – Awareness and relational resistance
12. I educate others about race and racial discrimination.	1 – Awareness and relational resistance



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13. I participate in activities or organizations that aim to reduce or resist racial discrimination.	2 – Participation in resistance activities and organizations
14. I confront my friends and family when they do or say something that racially stereotypes or discriminates.	3 – Interpersonal confrontation
15. I educate myself about how being from my racial group interacts with experiences of privilege and oppression in other areas to affect my life (e.g., interactions of race with sexual orientation, gender or social class).	1 – Awareness and relational resistance
16. I participate in activities or organizations that aim to reduce or resist all forms of oppression, not only racism (e.g., sexism, classism, heterosexism, etc.).	2 – Participation in resistance activities and organizations
17. I distance myself from people who are unwilling to address their racial stereotyping or biases.	1 – Awareness and relational resistance
18. I point it out to people when they say something that stereotypes or racially discriminates.	3 – Interpersonal confrontation
19. I create or lead activities or organizations that aim to reduce or resist racial discrimination for all people of color, not only my racial group.	4 – Leadership for resistance
20. I confront my acquaintances when they do or say something that racially stereotypes or discriminates.	3 – Interpersonal confrontation
21. I actively notice experiences of racial stereotyping or discrimination.	1 – Awareness and relational resistance
22. I share my own experiences of racial stereotyping and discrimination in order to validate others' experiences.	1 – Awareness and relational resistance
23. I seek to reduce and resist racial discrimination for the good of my community.	1 – Awareness and relational resistance
24. I create or lead activities or organizations that aim to reduce or resist all forms of oppression, not only racism (e.g., sexism, classism, heterosexism, etc.).	4 – Leadership for resistance
25. I share or promote art, music, or poetry created by others that is about race or racial discrimination.	1 – Awareness and relational resistance
26. I am motivated to address racial discrimination when I think about future generations.	1 – Awareness and relational resistance

Scoring:

Participants should respond to each item using a 5-point Likert scale: 1 = rarely, 2 = occasionally, 3 = sometimes, 4 = usually, 5 = almost always. There are no reverse coded items in the measure. A total score can be calculated by summing participants' responses on each of the 26 items. Subscale scores can also be calculated by adding participants' scores on the items that are part of each subscale: Awareness and Relational Resistance = items 1, 2, 3, 4, 6, 7, 10, 11, 12, 15, 17, 21, 22, 23, 25, 26. Participation in Resistance Activities and Organizations = items 8, 13, 16. Interpersonal Confrontation = 14, 18, 20. Leadership for Resistance = items 5, 9, 19, 24.