"I have benefited from being white by...."

1. Not having to think about my own whiteness, seeing myself as 'not having a race' for most of my life.

2. Being able to go on marches and demos without worrying about being discriminated against by police officers.

3. Living most of my life being the same race as most of the people at my school, University and workplace.

4. Being expected to do well academically (heightened by my class background too).

5. Never being questioned about my right to live in the country of my birth.

6. Knowing I can 'get away with' lots of cheeky behaviour without it resulting in serious trouble.

7. Not being expected to speak for my whole race.

8. Being seen as an expert in my field, rather than as an expert on 'my race' or racial diversity within my field.

9. Asking strangers for help when I'm in trouble (e.g. lost wallet, lost train ticket) without them assuming I'm trying to trick them or steal from them.

10. Thinking of the police as an institution which will help me and can be trusted.

Penny Walker, February 2021.