

Discussion questions

- 1 In the book, Emma asks readers to think about the words they'd use to describe themselves, their race and their heritage. Have a go at this together. Do you use the same words your family or friends would use to describe you? How does it feel if someone describes you differently from how you see yourself?
- 2 Emma asks whether you feel more drawn to one side of your heritage than another. Do you? Is that something that stays the same, or does it change depending on where you are or who you're with?
- 3 The book talks about the question 'Where are you from?' and how it can mean lots of different things all at once. Have you ever been asked a question like this that felt bigger or more complicated than it sounded? How did it make you feel, and how did you respond?
- 4 Emma introduces words like 'misidentification', 'horizontal hostility' and 'cultural homelessness' to describe experiences mixed-race people can have. Do any of these feel familiar to you? Talk about which ones you recognised and why.
- 5 The book is full of stories from mixed-race people throughout history, from Ivory Bangle Lady in Roman York to the families of Tiger Bay. Did anything in this chapter surprise you? Is there a person or moment you'd like to find out more about together?
- 6 In one of the exercises, Emma gives readers conversation starters like 'How do you see yourself? I see myself as...' and 'I feel really proud of what you taught me about... in our shared heritage'. Try finishing some of these sentences together. Were any of them harder to answer than you expected?
- 7 Food plays a huge part in this book. Emma asks readers to think about their favourite things to eat, whether they cook with their family, and what foods their parents grew up eating. Talk about this together. Is there a meal or ingredient that feels special to your family? Could you try cooking something from one of your cultures together?
- 8 Emma asks whether there are things about your heritage that you don't know but would like to find out. Grab a piece of paper and make a list together of things you'd love to learn more about, whether that's a language, a recipe, a place or a family story.
- 9 The book introduces the idea of 'Both/And' and 'For Now' statements, like 'I am Both Punjabi AND British' or 'For now I'm really enjoying exploring my Jamaican heritage'. Try writing your own 'Both/And' or 'For Now' statement. Does it feel different saying it out loud?
- 10 At the end of the book, Emma shares Maria P. P. Root's Bill of Rights for People of Mixed Heritage and asks readers to write their own version. If you could write one rule about how people should be treated when it comes to their identity, what would it be?

