

Racial Bias Preparation Scale
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Fisher, C. B., Wallace, S. A., & Fenton, R. E. (2000). Discrimination distress during adolescence. *Journal of Youth and Adolescence*, 29, 679–695.

Abstract

Amidst changing patterns of accommodation and conflict among American ethnic groups, there remains a paucity of research on the nature and impact of racial and ethnic discrimination on development in multiethnic samples of youth. The Adolescent Discrimination Distress Index along with measures of caregiver racial bias preparation and self-esteem was administered to 177 adolescents drawn from 9th–12th graders self-identified as African American, Hispanic, East Asian, South Asian, and non-Hispanic white. Youth from all ethnic backgrounds reported distress associated with instances of perceived racial prejudice encountered in educational contexts. Instances of institutional discrimination in stores and by police were higher for older youth and particularly for African American and Hispanic teenagers. Encounters with peer discrimination were reported most frequently by Asian youth. Reports of racial bias preparation were associated with distress in response to institutional and educational discrimination and self-esteem scores were negatively correlated with distress caused by educational and peer discrimination. The importance of research on discrimination distress to understanding adolescent development in multiethnic ecologies is discussed here.

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Please circle the number that corresponds to how often, if ever, any of your primary caregivers said any of the following statements to you now or when you were younger.

	1	2	3
	Never	A Few Times	A Lot
1. Our race is capable of succeeding in anything.	1	2	3
2. All races are equal.	1	2	3
3. Racism and discrimination will affect every aspect of your life.	1	2	3
4. If you work hard, you can overcome racism.	1	2	3
5. Racism and discrimination will be the hardest things for you to face.	1	2	3
6. You should be proud to be of your race.	1	2	3
7. You need to learn to get along with other races.	1	2	3
8. Other races can learn much from our race.	1	2	3
9. American society is fair to all races.	1	2	3
10. Learning about your race is an important part of your identity .	1	2	3
11. Your race will not really affect your success in life.	1	2	3
12. Going to school with children of our race, will make you feel good about yourself.	1	2	3
13. You can succeed just as easily as someone from another race.	1	2	3
14. Children of other races may exclude you from their social activities because of your race.	1	2	3
15. You have to work twice as hard as children of other races to get ahead in this world.	1	2	3
16. Your race will not affect your opportunities in jobs or education.	1	2	3
17. Racism and discrimination will not be the hardest things for you to face.	1	2	3
18. Going to school with children of other races will make you feel good about yourself.	1	2	3
19. You may have hard times being accepted in society because of your race.	1	2	3

20. Too much talk about racism will keep you from reaching your goals in life. 1 2 3
21. American society is unfair to people of our race. 1 2 3
22. You should participate in events involving your racial background. 1 2 3
23. Racism may hinder your success in life. 1 2 3
24. More job opportunities would be open to you if other people were not racist. 1 2 3
25. You may be harassed just because of your race. 1 2 3
26. Never be ashamed of your race. 1 2 3
27. You should remain true to your racial identity. 1 2 3
28. Our race is superior to other races. 1 2 3
29. You should encourage others from your racial group to be proud of their race. 1 2 3
30. You would be able to get a better education if other people weren't racist. 1 2 3

SCORING:

Reactive Messages: Sum of scores for items: 3 + 5 + 14 + 15 + 19 + 21 + 23 + 24 + 25 + 30/ Divided by 10.

Proactive Messages: Sum of scores for items: 1 + 6 + 8 + 10 + 12 + 22 + 26 + 27 + 28 + 29/Divided by 10

Factor Structure, means and standard deviations for items comprising the reactive and proactive racial socialization subscales of the Racial

Bias Preparation Scale (RBPS)

Item	Factor 1	Factor 2	M	SD
Reactive Messages (Factor 1)				
19 You may have hard times being accepted in society because of your race	.77	.11	1.53	.62

23	Racism may hinder your success in life	.69	-.07	1.57 .67
3	Racism and discrimination will affect every aspect of your life	.68	.13	1.76 .72
25	You may be harassed just because of your race	.68	.21	1.82 .67
15	You have to work twice as hard as children of other races to get ahead in this world	.67	.15	1.69 .80
21	American society is unfair to people of our race	.64	.25	1.85 .75
30	You would be able to have a better education if other people weren't racist	.62	.27	1.47 .70
24	More job opportunities would be open to you if other people were not racist	.60	.26	1.72 .76
14	Children of other races may exclude you from their social activities because of your race	.53	.13	1.34 .62
5	Racism and discrimination will be the hardest things for you to face	.51	.27	1.48 .73
	Proactive Messages (Factor 2)			
6	You should be proud to be of your race	.14	.80	2.55 .63
27	You should remain true to your racial identity	.33	.72	2.34 .75
10	Learning about your race is an important part of your identity	.03	.70	2.41 .73
26	Never be ashamed of your race	.31	.62	2.59 .63
8	Other races can learn much from our race	.16	.60	1.90 .83

29	You should encourage others from your racial group to be proud of their race	.37	.57	1.77 .80
1	Our race is capable of succeeding in anything	.38	.49	2.15 .81
22	You should participate in eventw involving your racial background	.31	.49	2.02 .73
12	Going to school with children of our race will make you feel good about yourself	.07	.48	1.32 .60
28	Our race is superior to other races	.00	.41	1.34 .62
	Contrast Items			
2	All races are equal			2.20 .76
4	If you work hard you can overcome racism			1.90 .82
7	You need to learn to get along with others			2.07 .78
9	American society is fair to all races			1.26 .51
11	Your race will not really affect your success in life			1.32 .57
13	You can succeed just as easily as someone from another race			2.10 .82
16	Your race will not affect your opportunities in jobs or education			2.41 .73
17	Racism and discrimination will not be the hardest things for you to face			1.51 .67
18	Going to school with children of other races will make you feel good about yourself			1.38 .62
20	Too much talk about racism will keep you from reaching your goals in life.			1.28 .53