



Sojourner Truth: Worksheet

1. When and where was Isabella Baumfree born? Under what conditions?
2. Why did Isabella Baumfree change her name to Sojourner Truth?
3. What were the two main causes that she supported throughout her life?
4. What do you think freedom meant for Sojourner Truth and other Black, formerly-enslaved women?



5. Essay Prompt: In her speech 'Ain't I A Woman', Sojourner Truth discusses how differently white women and Black women were treated. Do you think this has changed, or not? What is similar and what is different? Discuss using examples from the speech.

6. Research Prompt: Sojourner Truth is one of the many Black women that have created (or advocated for) systemic change throughout history. Many of them tend to go unnoticed. Do research on a Black woman that has highly contributed to society during any historical period, and write a short biography about them.