



Introduction to 23andMe



Goal: Learn how to use the 23andMe website; do tutorials on elements of different traits

Login to 23andMe (your parent/guardian will give you the login and password)

Go to **Reports** → Tutorials → DNA Basics → Start → Next (keep going) → More tutorials

Then go to **Ancestry** Tutorial → Start → Next (keep going) → More tutorials

Then go to **Ethnicity** and Your Reports → Start → Next (keep going) → More tutorials

Then go to **Traits** tutorial → Start → Next (keep going)

These tutorials are short but will give you an idea about what you're looking for when you start looking at your own personal reports.

Your Reports

Click on Reports → **Ancestry**

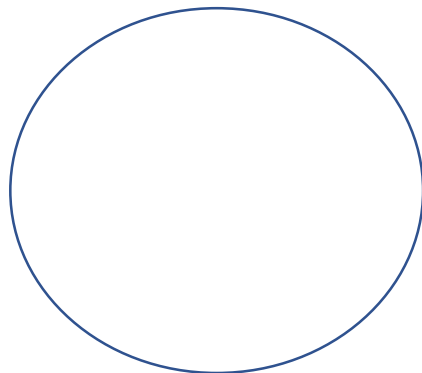
What is your **ancestry composition**? _____

View your report for **ancestry composition**

What do you see? _____

What did you learn? _____

Were you surprised by anything? _____ What? Tell me about it! _____



You are: (actually)

Sub Saharan African _____

South Asian _____

Middle Eastern/North African _____

Oceanian _____

European _____

East Asian/Native American _____

Go to **Haplogroup**

What is your *maternal* haplogroup? _____

How old is that haplogroup? _____


In what region is that haplogroup typically found? _____

Boys only:

What is your *paternal* haplogroup? _____

How old is *this* haplogroup? _____

In what region is *this* haplogroup typically found? _____

Thought question for everyone: Why do boys have **two** haplogroups listed in their report, when girls only have one?  _____

Go to **Neanderthal ancestry**

How many **Neanderthal variants** do you have? _____

Is this **more or less** than the typical 23andMe customer? _____

Now head back to the Reports → **Traits** 

Check out:	Marker/Info	I'm likely to have	I have
Eye color (trait)	rs12913832		
Earwax (trait)	rs17822931		
Hair color (trait)	rs12821256 rs1805007 rs1667394 rs1805008 rs12896399 i3002507		
Texture (trait)	rs17646946 rs3827760		
Caffeine metabolism (raw data)	rs762551 (A:C) Slow metabolizer (A:A) Fast metabolizer (C:C) Slow metabolizer		
Caffeine consumption (wellness)	rs4410790		
Odor detection (trait)	rs1953558		
Bitter taste (trait)	rs713598		
Lactose intolerance (wellness)	rs1953558		