

My Relationship with Privilege and Oppression
Who am I as an intersectional human being?

1: **Highlight** the groups in the green or red columns that represent your identity, showing whether you are privileged or oppressed. You might need to consider your family members or others with a similar identity for reference.

Social Identity	Privileged Groups	Oppressed Groups
1. Where your ancestors are from	European ancestries	American Indian; African; Asian; Oceanic Ancestries, other
2. Your Race	White	People of Color: “Black, Red, Brown, Yellow, other”
3. Your Ethnicity	European ethnicities	All other ethnicities
4a. Your Nationality / “Citizenship”	U.S. / “First World” citizens	Undocumented migrants, Global South nationalities, immigrants, non-US citizens, other
4b. Your Family’s/Parents National Origin	“First World” / U.S. / Western European	Undocumented migrants, Global South nationalities, Immigrants, other
5. Language	“Proper” English speakers, readers, writers	“Nonstandard” English speakers, readers writers, English learners / non-speakers, other
6. Religion	Christians	Muslims; Jews; non-major world religions; atheists; Indigenous spiritual traditions, other
7. Class	Rich, Upper Middle Class	Lower middle class, poor; houseless/ homeless/ unhoused, other
8. Assigned Sex	Men	Women; intersex people, other
9. Gender	Cisgender (males in particular)	Transgender people (in particular trans women), other

10. Gender Expression	Male/female gender conforming	Gender - nonconforming
11. Sexuality	Heterosexual (straight)	LGBTQIAP2S+
12. Survivor Status	Not traumatized or abused	Trauma / abuse survivor
13. Mental Health	Mentally healthy	Not as mentally healthy; mentally unhealthy, other
14. Physical Health	Physically healthy	Physically unhealthy, other
15. Ability	Able-bodied; differently abled without special needs	Disabled; differently abled with special needs, other
16. Age	Adults	Youth; elder
17. Body Type	Body “typical”	“Atypical” weight, height,
19. Bio Family	Raised with both biological parents	Single parent; adopted; foster children, other
20. Family Responsibility	Non-caregivers to siblings, parents, grandparents or relatives	Caregivers to siblings, parents, grandparents or relatives
21. Species	Human beings	All other life forms
25. Political Parties	Two major parties	Third parties; nonpartisan; ineligible; disenfranchised
28. Criminal Record	“Clean” Criminal record	Criminal record; ex-felons; incarcerated people
29. Education	Higher - education degrees	No high school diploma; illiterate in “Western” sense

*Adapted from *Rethinking Ethnic Studies* p.46-47

Go on to next page

My Intersectional and Multiple Identities and their Relationships to Power
Who am I as an intersectional human being?

Only after completing step 1: **2. List** the aspects of your social identity that are privileged in the green column, and list the aspects of your social identity that are oppressed in the red column. (For example, if you are white you would list "Race" in the green column.)

Privileged aspects of my social identity

Oppressed aspects of my social identity

1.

1.

**My Intersectional and Multiple Identities and their Relationships to Power
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3. Reflection: Write a reflection on the following prompt. Try to fill as much of the writing box as possible.

Reflect on Step 2. Identify which parts of your social identity are privileged and which are oppressed. Do you feel more privileged, oppressed, or equally both? How does this perspective affect you? Have you considered these aspects before? Share an experience illustrating privilege or oppression linked to your identity. How did you realize a part of your identity was privileged or oppressed?

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on social identity, privilege, and oppression.