

# Oppression vs Privilege Activity

**Our society gives unearned privilege to specific groups while oppressing and discriminating against others. Understanding where we stand in systems of power can help us identify barriers we may face when engaging in self-care activities.**

**The stigma and stereotypes we face may place additional stressors on us that ultimately affect our mind, body, spirit and emotions!**

I **DO** experience privilege in these areas:

Socio-economic \_\_\_\_\_

Sexual Orientation \_\_\_\_\_

Religion \_\_\_\_\_

Gender \_\_\_\_\_

Gender Identity \_\_\_\_\_

Employment \_\_\_\_\_

Physical Ability \_\_\_\_\_

English speaking \_\_\_\_\_

Ethnicity/Race \_\_\_\_\_

Geographic location \_\_\_\_\_

Nationality \_\_\_\_\_

Education \_\_\_\_\_

Mental/Cognitive Ability \_\_\_\_\_

Age \_\_\_\_\_

I **DO NOT** experience privilege in these areas:

Socio-economic \_\_\_\_\_

Sexual Orientation \_\_\_\_\_

Religion \_\_\_\_\_

Gender \_\_\_\_\_

Gender Identity \_\_\_\_\_

Employment \_\_\_\_\_

Physical Ability \_\_\_\_\_

English speaking \_\_\_\_\_

Ethnicity/Race \_\_\_\_\_

Geographic location \_\_\_\_\_

Nationality \_\_\_\_\_

Education \_\_\_\_\_

Mental/Cognitive Ability \_\_\_\_\_

Age \_\_\_\_\_

# Oppression vs Privilege Activity

**Group membership makes up who we are! Being a part of a certain race, gender, religion, or age group can determine how we are treated in society. Use this page to reflect on the groups you are a part of:**

**Gender:** \_\_\_\_\_

**Gender Identity:** \_\_\_\_\_

**Race:** \_\_\_\_\_

**Ethnicity:** \_\_\_\_\_

**Ability status:** \_\_\_\_\_

**Sexual Orientation:** \_\_\_\_\_

**Education:** \_\_\_\_\_

**Religion:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Socio-economic:** \_\_\_\_\_

**Language:** \_\_\_\_\_

**Nationality:** \_\_\_\_\_

- 1) What memberships do you think of most often? Why?
- 2) What memberships do you consider least? Why do you think that is?
- 3) What memberships hurt your options or opportunities the most? How?
- 4) What memberships provide the most accessibility or privileges? How?
- 5) What memberships have the strongest effect on your self-image? How?
- 6) What membership plays a greater role in how others see you? How?