

Oppression and Privilege Self-Assessment Tool

In a quiet and safe space, take some time to read through these areas, circling those that apply to you. As you go through the statements, identifying the areas in which you have privilege or find yourself at an intersection of oppression, *be kind to yourself*. The more we deepen our understanding of ways in which we can advocate for spaces free of violence, the more we learn about ourselves and this can result in some personal discomfort. We invite you to lean into this discomfort, allowing these feelings to provide a space for genuine understanding and empathy.

Disadvantages OPPRESSION

1. I worry about not having enough money to pay for housing, food, clothing, or education.
2. I cannot talk openly about who I am dating or in love with.
3. I face physical barriers accessing public buildings and using the transportation systems.
4. I don't own a car.
5. I cannot afford to travel nationally or internationally, whether it be for pleasure or educational purposes.
6. I worry that people may not hire me because of the color of my skin, my name, the way I look, or my gender.
7. I have a disability.
8. At home, while growing up, my family spoke a language other than English.
9. I worry about being harassed or attacked because of my gender or sexual orientation.
10. My gender does not match the gender I was assigned at birth.
11. I tend to see people of my racial or ethnic group portrayed negatively in newspapers, television, movies, and advertisements.
12. Because of financial hardship, I tend to put up with a number of problematic situations.
13. I need to hide, change, or minimize parts of my identity to reduce the chances of mistreatment.
14. The holidays I tend to celebrate are not observed as national holidays.
15. I am not white.
16. I am not a man.

Advantages Privilege

1. I, or my family, can afford to live in a comfortable home and have enough money to meet our needs.
2. I can talk openly about my partner or loved one.
3. I can easily use public buildings and transportation systems.
4. I own a car.
5. I can afford to travel, nationally or internationally, whether it be for pleasure or educational purposes.
6. I don't worry about being hired because of my appearance, color of my skin, or gender.
7. I don't have a disability.
8. At home, while growing up, my family spoke English.
9. I don't worry about being harassed or attacked because of my gender or sexual orientation.
10. My gender matches the gender I was assigned at birth.
11. There are many positive images of people from my racial or ethnic group portrayed positively in newspapers, television, movies, and advertisements.
12. When problematic situations arise, I tend to have the financial means to solve them.
13. I don't need to hide, change, or minimize parts of my identity to reduce the chances of mistreatment.
14. The holidays I celebrate are recognized as national holidays.
15. I am white.
16. I am a man.