

Privilege & Oppression: Examples

OPPRESSION = ONE GROUP IS GIVEN MORE POWER AND ACCESS+ OTHER GROUPS ARE GIVEN LESS POWER AND ACCESS.

Form of Oppression	Groups That Are Given More Power, Access, and Advantages	Groups that Are Given Less Power, More Barriers and Disadvantages
Racism	White People	People of Color
Sexism	Cisgender* Men	Women, Non-Binary* & Trans* People
Heterosexism	Heterosexual (Straight)	Lesbian, Gay, Bisexual, Queer People
Ableism	Non-disabled People	People with Disabilities
Ageism/ Adulthood	Adults (Ages 18-65)	Children, Youth, Elders
Classism	Rich/ Wealthy	Poor/ Low Income
<p>And many, many more....</p> <p>(This is not intended to be a complete list of all forms of oppression or identities.)</p>		

* Glossary of Terms

Oppression: When certain groups or people are given less power, more barriers and disadvantages. This has existed throughout history and in present-day systems. It is a widespread societal issue, not just isolated experiences of individuals.

Privilege: When certain groups or people are given more power, access, and advantages. This has existed throughout history and in present-day systems. It is a widespread societal issue, not just isolated experiences of individuals.

Cisgender: When a person's sex assigned at birth matches their gender identity.

Trans/ Transgender: When a person's sex assigned at birth does not match their gender identity.

Non-binary: Outside of the binary ("either/or") of male or female. Non-binary identities can include expressions of masculinity, femininity, both, or neither.

Queer: An umbrella term used for the **LGBTQ+** (Lesbian, Gay, Bisexual, Transgender, Queer, plus more) community. Some people use this term who do not identify as heterosexual and/or cisgender. It is important to note that the term queer was historically used as a derogatory term, and it has been reclaimed as a positive term by members of the LGBTQ+ community.