

Identifying your power and privilege

Power and privilege can be used to fight oppression. A privilege is an unearned advantage granted by society to some people but not all. Power is the ability to control circumstances or resources. **Filling out this worksheet will help you become more aware of your power and privilege**, which will help you take action when you can have the most effect.

It can be hard to recognize when we have privilege. One guideline is that if you haven't experienced systemic oppression for **not** having that privilege, you probably have that privilege. You can also have part of a privilege—privilege is rarely all or nothing. Some privileges may be partly earned, such as education, which requires both privilege to access and work to complete.

Filling out this worksheet is voluntary and you do not have to show it to anyone. In particular, if other people assume that you have some privilege that you do not actually have (they think you are white, cis, a certain age, etc. but you are not), then you can decide whether to mark it down here or not. You do not need to reveal yourself as a member of a marginalized group ("out yourself") in this exercise.

Check the box if you have some or all of the following sources of power and/or privilege:

| Sources of privilege | Combined power and privilege |
|--|---|
| <input type="checkbox"/> Part of the dominant ethnic and/or racial group <input type="checkbox"/> Male <input type="checkbox"/> Masculine <input type="checkbox"/> Cisgender (your gender is the same as that assigned to you at birth) <input type="checkbox"/> Straight/heterosexual <input type="checkbox"/> Not disabled <input type="checkbox"/> Neurotypical (society is designed for the way your brain works) <input type="checkbox"/> A legal resident or citizen <input type="checkbox"/> Speak the dominant language <input type="checkbox"/> Speak with a high-status accent <input type="checkbox"/> Neither "too young" nor "too old" <input type="checkbox"/> Certain height/size/shape <input type="checkbox"/> Not a mother <input type="checkbox"/> Not a caregiver <input type="checkbox"/> From an upper or middle class family <input type="checkbox"/> Dominant caste | <input type="checkbox"/> Educated <input type="checkbox"/> Technically experienced <input type="checkbox"/> Wealthy (compared to peers) <input type="checkbox"/> Management position <input type="checkbox"/> Professor, teacher, supervisor, teaching assistant, etc. <input type="checkbox"/> Head of family/household <input type="checkbox"/> Married <input type="checkbox"/> Widely recognized as an expert <input type="checkbox"/> Large audience (social media following, fans, etc.) <input type="checkbox"/> Access to media figures (reporters, TV shows, editors, etc.) <input type="checkbox"/> Connected to powerful people <input type="checkbox"/> Access to opportunities/networks <input type="checkbox"/> Any position in a hierarchy that is not the bottom of the hierarchy <input type="checkbox"/> _____ <input type="checkbox"/> _____ |