Understanding Oppression

...a quick guide

Oppression + Prejudice = Power

Heterosexism: Lesbians, Gays, Bisexuals, Transgendered People

Ableism: People with disabilities

Religious Opposition: Religious/ethnic minority

Classism: Upper/Middle Class, Working/Lower Class

Racism: People of Color

Sexism: Women

Men

Institutional Types:
- Employment
- Education
- Legal System
- Health Services
- Family System
- Media
- Religious System

Individual Types:
- Prejudice: Stereotypes, jokes, behaviors, harassment
- Privilege: Access to resources, power, status

Prejudice: Negative beliefs about a group
- Institutional Prejudice: Systemic unfairness, discrimination
- Individual Prejudice: Personal attitudes, biases

Targets: Disenfranchised, disadvantaged,invisible, others, stereotyped

Agency: Empowered privileged, normative, valued, visible, knowable, about groups

Note: This diagram could not possibly take into account every form of oppression. For example, power is intended to be shown as part of the system and not on an individual level.