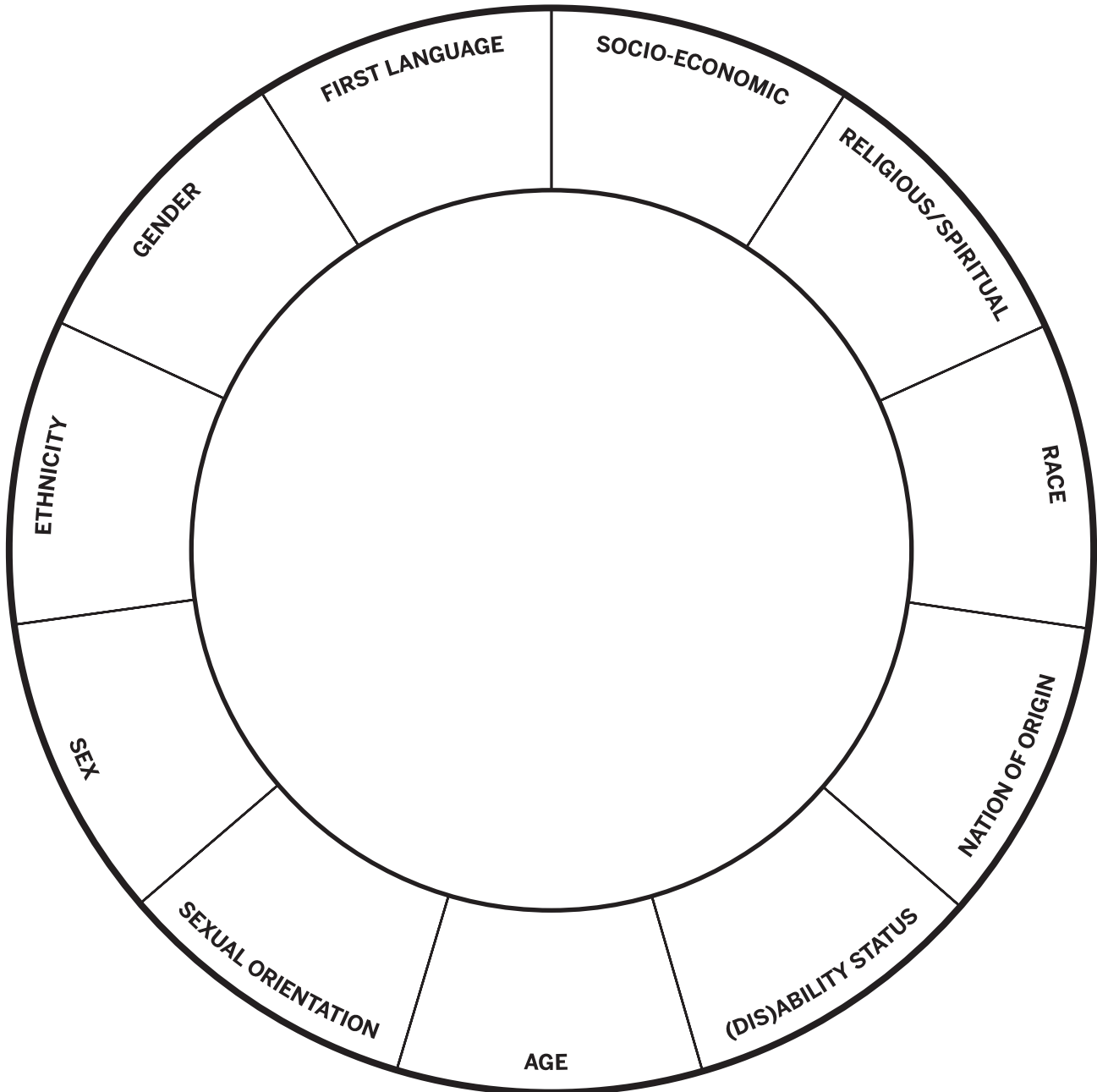


Social Identity Wheel

Adapted from resources developed by The Spectrum Center at the University of Michigan



Place numbers on the wheel for social identity groups which...

1. I am most aware of.
2. I am least aware of.
3. matter most in my family.
4. make me uncomfortable to talk about.
5. I am most proud of.
6. give me power or privilege.
7. have the strongest impact on my decision-making
8. I have the earliest memories of.
9. have the strongest impact on how others perceive me.

Social Identity Groups

Adapted from resources developed by The Program on Intergroup Relations (IGR) & The Spectrum Center at the University of Michigan



Social identity groups are based on the physical, social, and mental characteristics of individuals. They are sometimes obvious and clear, sometimes not obvious and unclear, often self-claimed, and frequently ascribed by others. For example, racial groups are often ascribed as well as self-claimed. Government, schools, and employers often ask an individual to claim a racial identity group of

simply ascribe one to an individual based on visual perception. Other social identities are personally claimed but not often announced or easily visually ascribed such as sexual orientation, religion, or disability status. *For the purpose of this self-examination, please identify the memberships you claim or those ascribed to you. Below are examples of social identity groupings.*

Examples

Feel free to use your own language for your identities.

Gender	Cis-Woman, Cis-Man, Trans-Woman, Trans-Man, Gender non-Conforming, Post-Gender, etc.
Race	Asian, Pacific Islander, Native American, Latinx, Black, White, Bi/Multiracial, etc.
Ethnicity	Irish, Vietnamese, Puerto Rican, Ghanaian, Mohawk, Jewish, Guatemalan, Lebanese, Scottish, etc.
Sexual Orientation	Lesbian, Gay, Bisexual, Pan-Attractional, Heterosexual, Queer, Questioning, etc.
Religion/Spirituality	Hindu, Muslim, Buddhist, Jewish, Christian, Agnostic, Faith/Meaning, Atheist, Secular Humanist, etc.
Social Class	Poor, Working Class, Lower-Middle Class, Upper-Middle Class, Owning Class, Ruling Class, etc.
Age	Child, Young Adult, Middle-Age, Adult, Elderly, Retired, etc.
(Dis)Ability	People with disabilities (cognitive, physical, emotional, etc.), Temporarily able-bodied, Temporarily disabled, etc.
Nation(s) of Origin and/or Citizenship	United States, Nigeria, Korea, Turkey, Argentina, etc.
Tribal/Indigenous	Mohawk, Aboriginal, Navajo, Santal, etc.
Body Size/Type	Person of Size, Skinny, Underweight, Thin, etc.

Definitions

Target Group: Social Identity Groups that are disenfranchised and exploited.

Agent Group: Social identity groups that hold unearned privilege in society.

Discrimination: Prejudicial treatment of an individual based on their actual or perceived membership to a certain social group or category.

Oppression: The systematic, socially supported mistreatment and exploitation of a group, category, or individual.