

Social Identity Groups

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 groupings are often ascribed as well as self-claimed. Government, schools, and employers often ask an individual to claim a racial identity group or 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 of those ascribed to you. Below are examples of social identity groupings.

Examples

(Feel free to use your own language for your identities)

Gender	Woman, Man, Transgender
Sex	Intersex, Female, Male
Race	Asian/Pacific American, Native American, Arab American, Latino, Black, White, Bi/Multiracial
Ethnicity	Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, European-American
Sexual Orientation	Lesbian, Gay, Bisexual, Heterosexual, Queer, Post-Gender
Religion	Hindu, Muslim, Buddhist, Jewish, Christian, Pagan, Agnostic, Atheist, Secular Humanist
Class	Poor, Working Class, Lower-Middle Class, Upper-Middle class, Owning class, Ruling Class, Newly Independent
Age	Child, Young Adult, Middle-Age Adult, Elderly
Ability	People with disabilities (cognitive, physical, emotional, etc.) Temporarily able-bodied, Temporarily Disabled
National Origin and citizenship	United States, Nigeria, Korea, Turkey, Argentina, etc.
Tribal or indigenous Affiliation	Mohawk, Aboriginal, Navajo, Santali
Body Size/ Type	Fat, Person of Size, Naturally Thin

Target Group: social identity groups that are disenfranchised and exploited

Agent Group: social identity groups that hold unearned privileged in society

