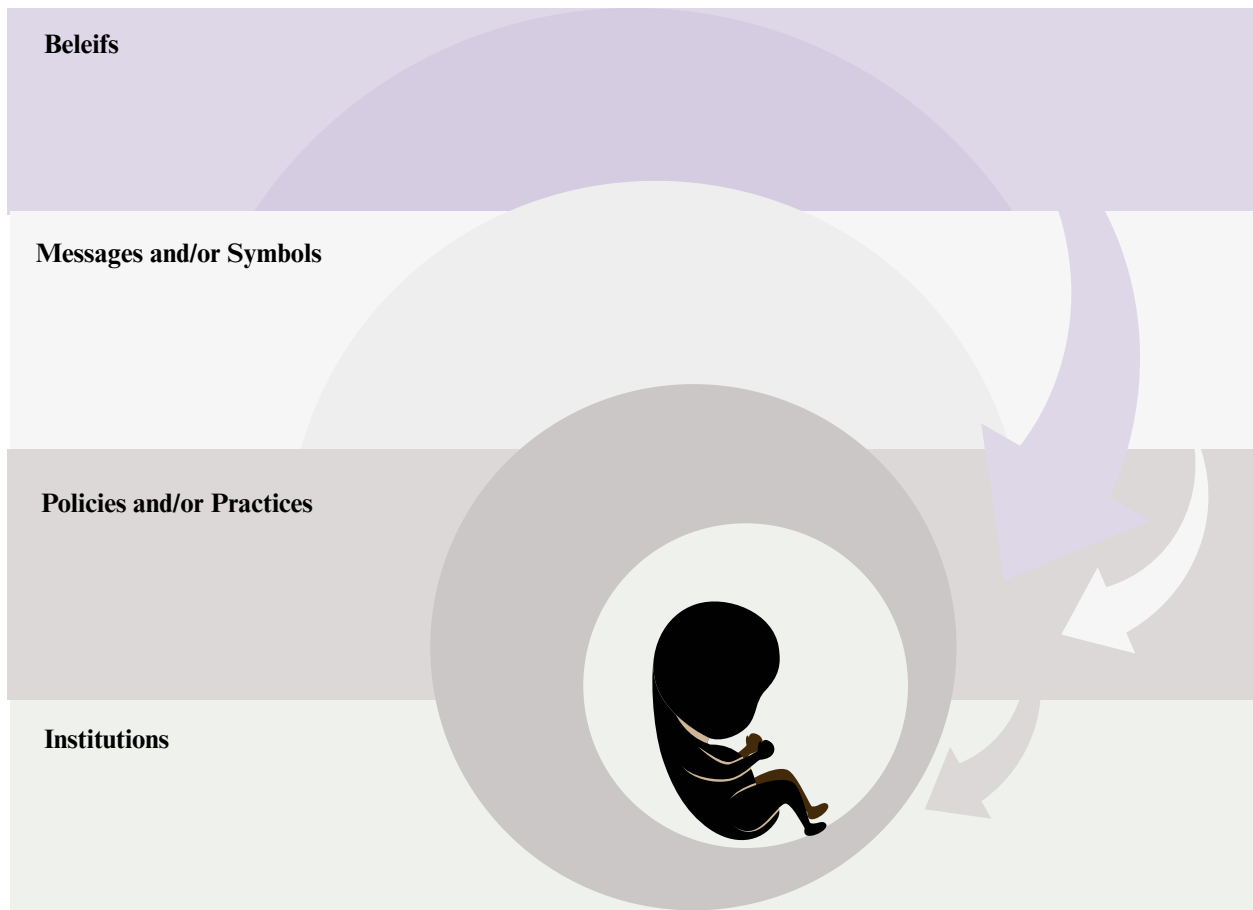
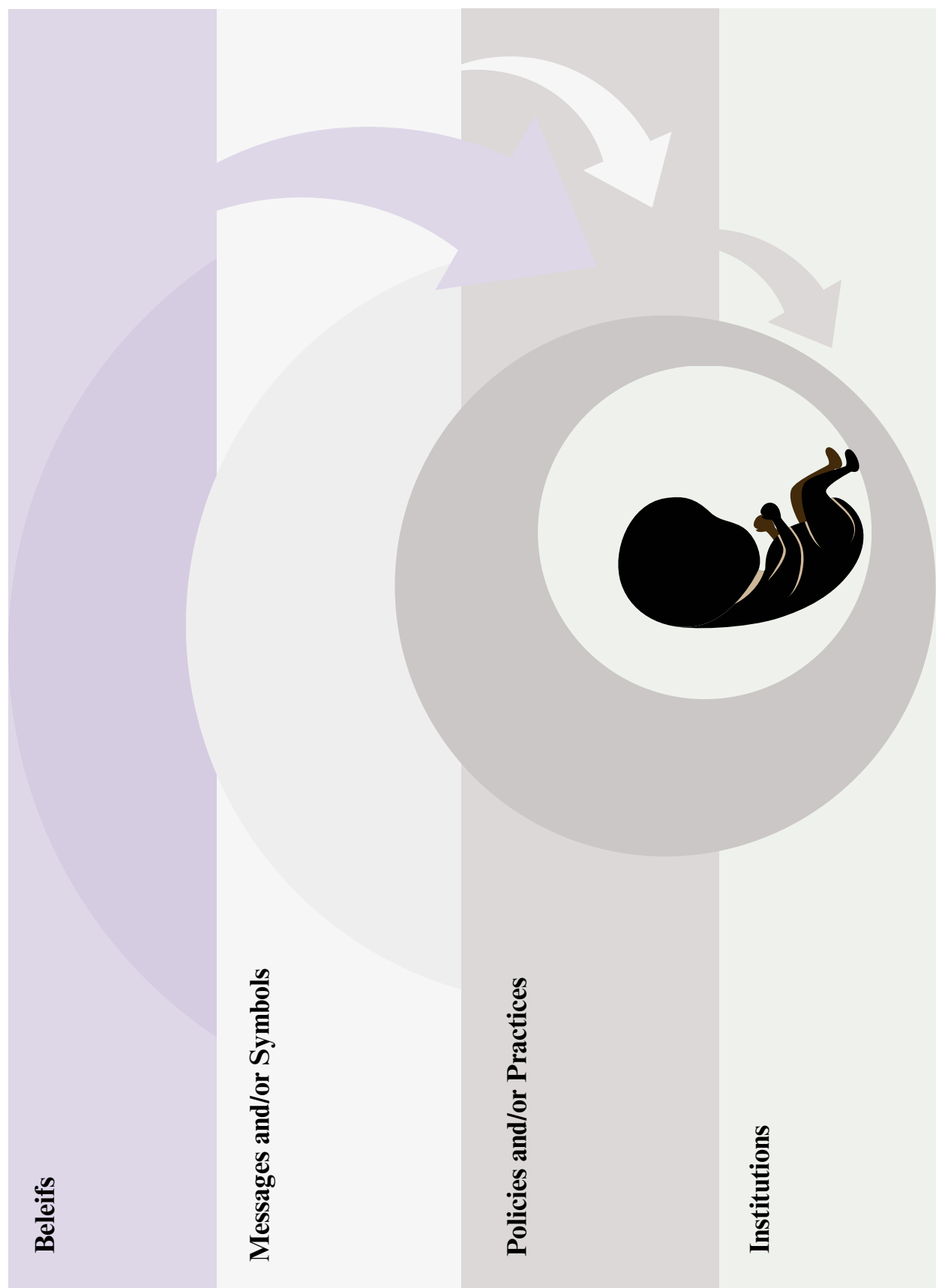


# NAME SYSTEMS OF OPPRESSION

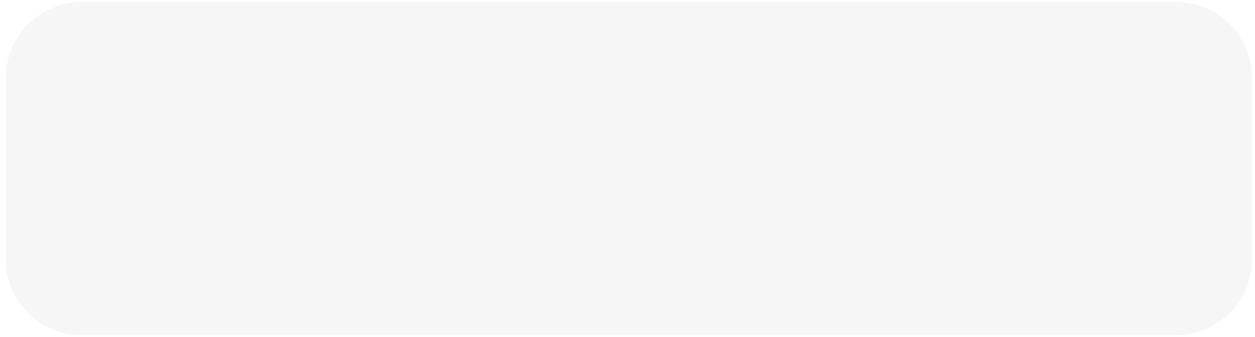
- **Systems of Oppression** are complex, both invisible and visible structures that aim to *control, exclude, exploit, and shame* human beings based on erroneous categories (e.g., gender identity, class, race)
  - **Tools of Oppression:** Beliefs, messages, symbols, policies, practices, and institutions that aim to perpetuate the control, exclusion, exploitation, and discrimination of others based on erroneous categories.
    - **Belief:** Belief in a hierarchy of human value (some people are more valuable than others and superior) based on erroneous categories, the language you speak, and even a geographic region of the world.
    - **Message:** *There are illegal aliens in our country!*
    - **Symbols:** Depiction of white-presenting, white-bodied men as the founders of countries, science, and scientific theories.
    - **Policies:** A policy designed to limit individuals' rights, dignity, and self-determination. For example, the *Hyde Amendment Codification Act* prohibits the use of federal funds for any health benefits coverage that includes abortion.
    - **Practices:** High use of corporal punishment against young children who disobey rules.
    - **Institutions:** Private prisons and detention centers.
- Reference: Tehama Lopez Bunyasi & Candis Watts Smith. (2019). *Stay Woke: A People's Guide to Making All Black Lives Matter*
- Use the empty boxes below to practice naming how you see tools of oppression play out in your life, community, and organization.



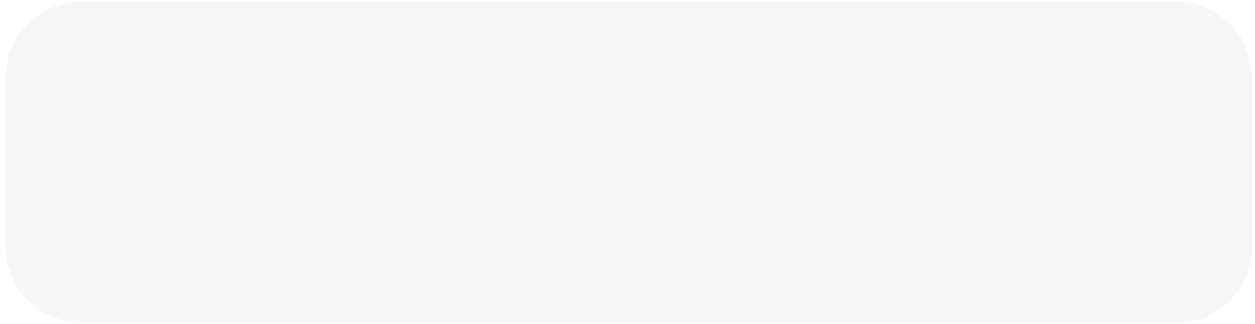


## REFLECTION POINTS

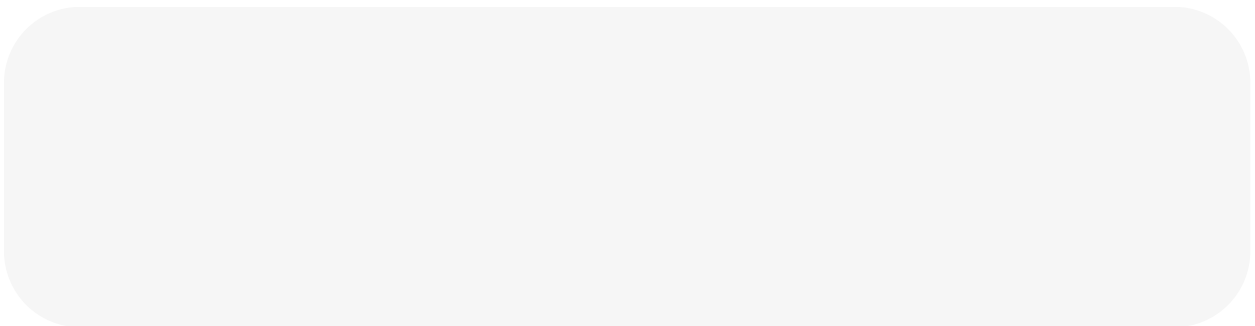
- Take a minute or two and **ASK YOURSELF**: In what ways can tools of oppression create beliefs in ourselves? What are some of those beliefs we may have about ourselves or others?



- Take a minute or two and **ASK YOURSELF**: In what ways can tools of oppression perpetuate a cycle of harm and rob us of our human dignity?



- Take a minute or two and **ASK YOURSELF**: In what ways can tools of oppression lead to behaviors seen as harmful? What are some behaviors you may exhibit that can be harmful to yourself or others?



- Take a minute or two and **ASK YOURSELF**: What are some practices you may be doing to support you in addressing or healing your perpetuation of oppression?

