

8

STEPS TO UNDERSTANDING PRIVILEGE

SELF-REFLECT

Reflect on your own life experiences, background, and identity. Consider your race, gender, sexual orientation, economic status, ability, and more. How have these factors shaped your life and opportunities?

2

LISTEN

Actively seek out and listen to the experiences and stories of individuals who lack the privileges you may have. Books, conversations, and personal accounts will open your eyes.

4

RECOGNIZE

Privilege can manifest in various ways, such as easier access to education, job opportunities, healthcare, and fewer negative assumptions or stereotypes. Recognize how these advantages affect your daily life.

6

AVOID

Realize that acknowledging privilege doesn't invalidate your struggles. It simply acknowledges that certain aspects of your life haven't posed additional challenges.

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LEARN

Explore various privileges, including white, male, heterosexual, cisgender, able-bodied, and others, and understand the unique advantages they create.

3

ACKNOWLEDGE

Realize that acknowledging privilege isn't about guilt but about recognizing your advantages and being a force for positive change.

5

EMPATHIZE

Walk in the shoes of those without your privileges and consider the challenges and obstacles they face due to systemic biases and inequalities.

7

CHALLENGE

Challenge your biases and assumptions regularly and engage in open, respectful dialogues with others about privilege and its impact on society. Take a stand against discrimination when you encounter it and support equality-promoting policies.