

Systems of Oppression and Intersectionality Chart

Groups with Societal Power	Systems of Oppression	Groups without Societal Power	How I identify
Cisgender men	Patriarchy, sexism	Cisgender women, transgender, nonbinary, gender nonconforming and intersex people	
White people	Racism, white supremacy	Black, Indigenous and other people of color	
Upper/middle class and rich	Capitalism, classism	Poor and working class people	
Adults	Ageism, adultism, decision making power	Youth and elders	
Heterosexual people	heteronormativity homophobia	Queer, lesbian, gay, bisexual, and other non-heterosexual people	
Able-bodied/able-minded people	ableism	People with disabilities/disabled people	
US- born and US citizens	xenophobia	Immigrants, undocumented people	
People who fit beauty standards	Sizeism, fat phobia, Eurocentric Standards, body dysmorphia	People who don't fit beauty standards	
People with fair skin	Colorism, anti-blackness	People with darker skin tones	
Christians	Islamophobia, anti-semitism	People who aren't Christians (Muslims, Jews, Atheists, etc)	
"First World" Countries & Global North	Colonialism, imperialism	Global South, Indigenous groups, people living under occupation	