

Matrix of Oppression*

Social Identity Categories	Privileged Social Groups	Border Social Groups	Targeted Social Groups	Biases with Power/ "Ism's"
Race	White/Caucasian	Biracial/Multiracial	Asian, Black, Latinx, Native/Indigenous	Racism
Sex	Assigned Male at birth	Intersex	Assigned Female at birth	Sexism
Gender	Gender Conforming (Cisgender), Identify as Male or Female	Gender Ambiguous, Gender Queer, Agender	Transgender, Gender Queer, Intersex, Gender Ambiguous, Agender	Transphobia/Trans* Oppression
Sexual Orientation	Heterosexual	Bisexual, Queer, Lesbian, Gay, Questioning, Aces (Asexual/Aromantic), Polyamorous	Lesbian, Gay, Queer, Questioning, Aces (Asexual/Aromantic), Polyamorous	Heterosexism, Homophobia
Social Status/Class	Wealthy, Upper Class	Middle Class	Working Class, Poor	Classism
Ability/Disability	Temporarily Able-Bodied	People with Temporary Disabilities, and/or "Invisible" Disability	People with Disabilities (<i>often physically identifiable</i>)	Ableism
Religion	Protestant, Christian	Roman Catholic (Historically), Spiritual	Jewish, Muslim, Hindu, Atheist	Religious Oppression/Intolerance
Age/Generational	Adults (Ages 35-55)	Young Adults (Ages 25-35)	Elders (55+) and Adolescents/Children (25 and under)	Ageism/Adulthoodism

NOTE*: You cannot enter a room as ONE identity or as one part of yourself. All your identities work together simultaneously. Your world experience is based on the interplay of your identities within multiple dimensions of societal oppression i.e. **intersectionality**. For more information, review the *Intersectionality Self-Guided Learning* section on our [website](#).