

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 or 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, Post-Gender
Sex	Intersex, Female, Male
Race	Asian Pacific Islander, Native American, Latin@, Black, White, Bi/Multiracial
Ethnicity	Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, European-American
Sexual Orientation/ Attractionality	Lesbian, Gay, Bisexual, Pan-Attractional, Heterosexual, Queer, Questioning
Religion/Spirituality	Hindu, Muslim, Buddhist, Jewish, Christian, Pagan, Agnostic, Atheist, Secular Humanist
Social Class	Poor, Working Class, Lower-Middle Class, Upper-Middle Class, Owing Class, Ruling Class
Age	Child, Young Adult, Middle-Age Adult, Elderly
(Dis)Ability	People with disabilities (cognitive, physical, emotional, etc.), Temporarily able-bodied, Temporarily disabled
National Origin/ Citizenship	United States, Nigeria, Korea, Turkey, Argentina, etc.
Tribal or Indigenous Affiliation	Mohawk, Aboriginal, Navajo, Santal
Body Size/ Type	Fat, Person of Size, Thin

Target Group: social identity groups that are disenfranchised and exploited

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

Social Identity Profile

Social Identity	Group Membership	You are most aware of	You think about least	Have greatest effect on how others see you (positive or negative)	Have strongest effect on how you see yourself as a person	Have an effect on your communication style	Give you Power and Privilege in society	Will make you think about the most as a leader
Gender								
Sex								
Race								
Ethnicity								
Sexual Orientation/ Attractionality								
Religion/ Spirituality								
Social Class								
Age								
(dis)Ability								
Nation(s) of Origin and/or Citizenship								
Body size/type								
Tribal or Indigenous Affiliation								
Other								