

Levels and Types of Oppression

Individual

- Attitudes
- Beliefs
- Socialization
- Individual Behavior
- Interpersonal Interactions

Institutional

- Housing
- Employment
- Education
- Legal System
- Religion
- Media
- Government/Laws
- Health Services (physical and emotional)

Societal/Cultural

- Values, norms, needs
- Language
- Standards of beauty
- Holidays
- Sex Roles
- Logic System
- Societal Expectations
- Definition of a family
- Meritocracy
- Definitions of good and evil
- Definition of “normal”

Points to Consider:

- The Levels and Types of Oppression can be applied to systems of race, religion, gender, sexual orientation, age, ability, nationality, size, etc
- These manifestations of oppression happen simultaneously and reinforce one another.
- Oppression occurs when the agent group has the power to define and name reality and determine what is “normal,” “real,” or “correct.”
- Harassment, discrimination, exploitation, marginalization, and other forms of differential and unequal treatment are institutionalized and systematic.
- The target group’s culture, language, and history are misrepresented, discounted, or eradicated and the dominant group’s culture is imposed.
- The cost of oppression is that all identities, regardless of target/agent status, are affected by the system and that there is a cost to oppression for all individuals.