**Common Types of American Oppression**

Oppression occurs historically, overtime and ongoingly by targeting some groups or peoples as "Privileged (better than)" and other groups or peoples as "Target Groups (less than)". The level of access or no access to goods, resources, benefits, and the rewards of society is what lead people to feeling greater or less than other people.

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| **Types of Oppression** | **Perceived****Identity** | **Privilege Group****(Superior )** | **Target Group****(Inferior)** |
| Sexism | Gender | Men | Women |
| Heterosexism | Sexual Orientation | Heterosexuals | Gay, Lesbian, Bisexuals, Transgender, Queer |
| RacismColorism | RaceSkin color / tone | WhiteLighter complexioned people | People of ColorDarker complexioned people |
| Classism | Socio-Economic class | Middle, Upper Class | Poor, Working Class |
| ElitismElitism | Education LevelPlace in Hierarchy | Formally EducatedManagers, Exempt Faculty | Informally EducatedClerical, Non-Exempt, Students |
| Religionism Anti-Semitism | ReligionismReligion | ChristiansChristians | Muslims, Atheists, Catholics, and othersJews |
| AgeismAdultism | Age | Young AdultsAdults | Elders (40+ by law)Children, Youth |
| Heterosexism | Sexual Orientation | Heterosexuals | Gay, Lesbian, Bisexuals, Transgender |
| Ableism | Physical or MentalAbility | Temporarily Able-Bodied | Physically or Mentally Challenged |
| XenophobiaLinguisticOppression  | Immigrant StatusLanguage | US BornEnglish | ImmigrantEnglish as a Second Language Non-English |
| Gender Binary System | Gender presentations, gender identity, gender assignment | present and prefer assigned biological sex | transgender, transsexual, intersex |

Adapted from Visions, Inc 2006, www.visions-inc.com, Boston, MA