**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 |
| Racism  Colorism | Race  Skin color / tone | White  Lighter complexioned people | People of Color  Darker complexioned people |
| Classism | Socio-Economic class | Middle, Upper Class | Poor, Working Class |
| Elitism  Elitism | Education Level  Place in Hierarchy | Formally Educated  Managers, Exempt Faculty | Informally Educated  Clerical, Non-Exempt, Students |
| Religionism    Anti-Semitism | Religionism  Religion | Christians  Christians | Muslims, Atheists, Catholics, and others  Jews |
| Ageism  Adultism | Age | Young Adults  Adults | Elders (40+ by law)  Children, Youth |
| Heterosexism | Sexual Orientation | Heterosexuals | Gay, Lesbian, Bisexuals, Transgender |
| Ableism | Physical or Mental  Ability | Temporarily Able-Bodied | Physically or Mentally Challenged |
| Xenophobia  Linguistic  Oppression | Immigrant Status  Language | US Born  English | Immigrant  English 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