

MICRO-COURSE

PRIVILEGE CHECKLIST

ACTIVITY GUIDE

Complete the **privilege checklist**, then explore the **definition of privilege** followed by a **reflection on personal experiences**.



WORKSHEET: PRIVILEGE CHECKLIST

CHECKLIST

Checking our privilege

Take a moment to read the list and check off examples that align with your personal experiences.

When I reflect on my general experience:

I'm usually not the only person of my race in a room.

People do not assume I am unintelligent or lazy based on my accent.

Regardless of the season, I can count on my home remaining at a comfortable temperature.

I can plan on getting a raise at my job.

I can expect a public bathroom to be available that aligns with my gender.

I see my experience reflected in mainstream films and television series.

I don't fear for my safety when interacting with the police.

I have never been asked, 'Where are you really from?'

Official documents like my driver's license show my name and the gender I identify as.

I can easily find role models and mentors who share my identity.

I feel safe from sexual assault regardless of where I go in the world.

I can publicly show affection for my romantic partner without fear of violence.

I expect to receive days off from work for holidays that matter to me.

I do not often have to think about my race or ethnicity; I don't notice it.

I can go to a store or spend money knowing that no one will be suspicious of me.

I may consider running for political office to serve my community.

I am not required to undergo a psychological evaluation to receive basic medical care.

I will have immediate access to my loved one in case of an accident or emergency.

When I reflect on my general experience:

People do not often make unsolicited comments about my body.

I know I will be paid at least minimum wage at a job and that labour laws will protect me.

People believe my ailments exist, even if they can't see them.

I can easily find people/media around me who communicate in my native language/dialect.

People do not talk to me like a child or speak 'loud and slow' to me.

I feel safe in locations where police presence is high.

I will be covered under my loved one's health benefits in an accident or emergency.

I have never had to conceal or reveal my sexuality to the people around me.

I can expect to be promoted as frequently and be paid the same as equally qualified colleagues.

My parents or I have never gone through a divorce/separation.

When I speak up, my opinions are heard and respected as equally as others.

I can go to new places knowing that I can move through the space.

I feel comfortable and safe walking home alone at night.

I can legally marry the person I love anywhere in the world.

People do not fetishize my accent, dialect, or language.

When a relationship ends from death or separation, I will receive support from others.

No one ever tells me to speak a particular language or get out of 'their country.'

I can cross the street without looking for curb cuts, ramps, snow debris, or puddles.

People don't assume they understand my culture based on my accent.

I can talk openly about my relationship, vacations, and family planning.

People do not pity me or call my quality of life into question.

English/French is the primary language spoken in my family/household while growing up.

I feel safe calling the police if someone is threatening me.

I always had adequate access to healthy food while growing up.

I can excel in challenging situations without others being surprised by my success.

My gender is an option on legal forms.

WORKSHEET: PRIVILEGE CHECKLIST

REFLECTION

Becoming more aware

Now that you have completed the privilege checklist, please reflect on the following questions:

Self-Reflection: Was there anything you found surprising about some of the items on the privilege checklist?

Self-Reflection: Did you discover any privileges you were unaware you might have? How does that make you feel?

privilege

[priv·i·lege] \ 'priv(ə)lij \

»noun

unearned **advantages** that come with being members of a **dominant group** in society -- whose needs are often prioritized

WORKSHEET: DEFINING PRIVILEGE

REFLECTION

Breaking down the definition

Now that you have seen the definition of privilege, can you please answer the following questions:

Can you give examples of any advantages that may be unearned?

Can you list some examples of dominant groups?

Can you list any situations where a dominant group's needs are prioritized?

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