**Privilege Walk**

**Medium Stress**

**In-person**

Suggested use:

This activity would be used best as a “beginning activity,” where individuals can begin the day by diving into what it means to be privileged.

Suggested instructions:

In-person:

1. Inform the group that they’re going to participate in an exercise that examines their privilege.
2. Before you begin, define “MIMs” or major identity markers. Major Identity Markers are your race, class, gender, sexual orientation, religion and able-bodiness.
3. Have the group stand in a line in the middle of a large space.
4. Describe the instructions:
   1. Inform them that they are to take one “baby-step” forward or backward at your direction.
   2. State that they may pass on a given statement at any time by standing still.
5. At the end of the activity, have participants return to their seats.
6. Ask:
   1. How did you feel doing this?
   2. Were some steps easier to harder to take than others? Why?
   3. Would you give up some of your privileges so that others could catch up?

See attached handout for statements (2 pgs).

**Privilege Walk Statements**

1. If your ancestors were forced against their will to come to the USA, step back.

2. If your primary ethnic identity is American, step forward.

3. If you were ever called hurtful names because of your MIM’s, step back.

4. If your family employed people in your household as domestic workers, step forward.

5. If they were people of color, step forward.

6. If you were often ashamed or embarrassed of your material possessions, step back.

7. If most of your family members worked in careers requiring a college education, step forward.

8. If you were raised in an area where there was visible prostitution or drug activity, step back.

9. If you ever tried to change your appearance, behavior, or speech to avoid being judged on the basis of your MIM’s, step back.

10. If you studied the cultures of your ancestors in elementary school, step forward.

11. If you started school speaking a language other than English, step back.

12. If there were more than 150 books in your home when you grew up, step forward.

13. If you ever had to skip a meal or go hungry because there was not enough money to buy food when you were growing up, step back.

14. If your parents took you to art galleries, plays, or museums when you were growing up, step forward.

15. If at least one of your parents was ever unemployed, not by choice, step back.

16. If you have ever attended a summer camp, step forward.

17. If your family ever had to move because they could not afford the rent, step back.

18. If you ever attended private school, step forward.

19. If your family ever had to move because they could not afford the rent, step back.

20. If you were ever discouraged from academic or career paths because of your MIM’s, step back.

21. If you were encouraged to attend college by your parents, step forward.

22. If you believe that you were paid less for a job because of your MIM’s, step back.

23. If you were raised in a two-parent household, step forward.

24. If you frequently saw characters who shared your MIM’s portrayed in likable ways on TV and movies, step forward.

25. If you have felt that clerks watch you more than other customers in a store, step back.

26. If you were ever offered a job because of your association with a friend, mentor, or family member, step forward.

27. If you are a first-generation college student, step back.

28. If your family ever had to change their last name due to mispronunciation, step back.

29. If you ever had your name mispronounced, step back.

30. If you have ever been afraid to walk alone at night, step back.

31. If you believe that an employer turned you down because of your MIM’s, step back.

32. If you attended an elementary school with good books and facilities, step forward.

33. If you ever had an allowance during high school, step forward.

34. If you were ever accused of cheating or lying because of your MIM’s, step back.

35. If you have ever inherited money or property, step forward.

36. If you’ve had to rely on public transportation, step back.

37. If you were ever stopped or questioned by the police because of your MIM’s, step back.

38. If you have ever feared violence directed at you because of your MIM’s, step back.

39. If you have been usually able to avoid places that are reputed as dangerous, step forward.

40. If you have ever felt uncomfortable about a joke related to your MIM’s, but not able to confront the situation, step back.

41. If you were ever the victim of violence related to your MIM’s, step back.

42. If at least one of your parents did not grow up in the USA, step back.

43. If your parents told you that you could be anything you wanted to be, step forward.

44. If you have ever been whistled at, step back.

45. If you have traveled overseas, step forward.