

### Appendix 3: Privilege Walk Worksheet

Before you begin, please note that the goal of this exercise is not to assess how privileged or marginalized you are in society. Every piece of your experience may not be fully identified with either privilege or marginalization as described in this worksheet, but this exercise intends to serve you an opportunity to explore how different domains of your social identity shape your everyday experience. This exercise is not complete in itself. This is to prepare you for a group activity in an upcoming session.

#### Instructions

- To interpret each statement, think about your background or a group of people you identify with, such as race, class, ethnicity, ancestry, nationality, gender, sexual orientation, religion, and dis/ability.
- You may have lived in different places. Unless the statement is about your circumstances while you were growing up, think whether the statement applies to your current life situation.
- If the statement applies to you, place a checkmark (✓) in the specified column. If it does not apply to you, leave it blank.
- In the end, count the number of checkmarks in each column and calculate.

	Privilege	Marginalization
1. If you see a group of people, with whom you identify, widely represented in the media, check privilege.		
2. If your native language is not English, check marginalization.		
3. If you were ever called names because of your background, check marginalization.		
4. If you have ever felt as though you were a feared, inferior, or unwanted member of society, check marginalization.		
5. If you parents were professionals (e.g., doctors, lawyers), check privilege.		
6. If you ever tried to change your appearance, mannerisms, or behavior to avoid being judged or ridiculed, or to gain more credibility, check marginalization.		
7. If you are taught the culture and history of your ancestors in school, check privilege.		
8. If you were raised witnessing violence, addiction to drugs or alcohol, prostitution, or crime, check marginalization.		
9. If you ever had to skip a meal or were hungry because there was not enough money to buy you food when you were growing up, check marginalization.		
10. If you were ever denied access to academics or jobs because of your background, check marginalization.		
11. If you were encouraged by your parents to attend college, check privilege.		

12. If you were raised in a single-parent household, check marginalization.		
13. If your family owned the house where you grew up, check privilege.		
14. If you can show affection for your romantic partner in public without fear or ridicule or violence, check privilege.		
15. If you were ever offended by a joke or remark about people you identify with, but felt unsafe to confront the situation, check marginalization.		
16. If you felt or were told that you should work twice as hard as others to succeed in school or career because of your background, check marginalization.		
17. If you are the first person in your family to receive university education, check marginalization.		
Total (Count checkmarks in each column.)		

Below, please enter the number of checkmarks and calculate your score:

$$\frac{\text{Privilege}}{\quad} - \frac{\text{Marginalization}}{\quad} = \text{Score*}$$

\* If the number of the checkmarks in marginalization is greater than in privilege, your score will be negative (-).

### Important note

In the upcoming session, we will see the distribution of our scores anonymously in order to see different levels of privilege we hold in society. This is to understand how we are positioned in a social structure and to reflect on how different aspects of our social identity shape our everyday experience, including our relationship with one another. Regardless of how privileged or underprivileged you are compared to others, you may find the experience very uncomfortable, and it may trigger challenging feelings, such as shame, guilt, anger, and denial.

We are born and socialized into the social structure, and we tend to see the structure and our relationships in it as “normal.” However uncomfortable it may be, uncovering the structure and the social positions we occupy in it in a tangible and personal way is a necessary learning process in order for us to engage with critical and productive analysis and reflection. In the session, we will discuss our thoughts and feelings involved in this learning process.

If you have concerns about sharing the learning process with other participants, and if you would like the facilitator to know about the concerns, please contact the facilitator before the session.

Note: This activity was adapted from Privilege Walk:  
[www.ipas.org/Publications/asset\\_upload\\_file357\\_3785.pdf](http://www.ipas.org/Publications/asset_upload_file357_3785.pdf) and  
[www.uncp.edu/cae/seminar/privilegewalk.doc](http://www.uncp.edu/cae/seminar/privilegewalk.doc)