

## Checklists on privilege Compiled by Chloe Zelkha at Urban Adamah

### Selections from the **White Privilege Checklist**

Drawn & adapted from "White Privilege Checklist" by Peggy McIntosh & "Examples of Racial Microaggressions" by Univ. Minnesota

1. I can turn on the television or open to the front page of the paper and see people of my race widely represented.
2. I am given textbooks and other materials in school that testify to the existence and success of people in my racial group.
3. I can be pretty sure that if I ask to talk to "the person in charge," it will be someone of my race.
4. I can choose band-aids in "flesh" color and have them more or less match my skin.
5. I can go shopping alone most of the time, pretty well assured that I will not be viewed with suspicion or followed because of my race.
6. I can do well in a challenging situation without being called a credit to my race.
7. I am not asked to speak for all the people of my racial group.
8. I can be late to a meeting without having the lateness reflect on my race.
9. My communication style and habits are valued in my workplace as "normal," "correct," and "polite."
10. I'm not mistaken as a service worker at public events or establishments.
11. If I need to, I can speak to the police without fear for my safety.
12. When I get pulled over by the police, I don't fear for my life.
13. I don't feel I need to talk to my children about racism in order to keep them alive.
14. Growing up, my parents and I felt confident that I could make small mistakes without serious consequences - like going to prison.

### Selections from the **Able-Bodied Privilege Checklist**

Drawn & adapted from "Able-bodied Privilege Checklist" by MIT

1. I can be assured that my entire school will be physically accessible to me
2. I can turn on the television or open a magazine and see people of my physical ability well represented
3. When I learn about history in school, people of my physical ability are well-represented.
4. I can be pretty sure that people's perceptions about my intelligence are not based solely on my cadence (the rhythm of my speech), or my use of a mobility aide (wheelchair, etc).
5. Strangers don't often tell me that I'm "brave."
6. Emergency alarms and other emergency measures take me into account and keep me safe (I can hear fire alarms, etc).
7. Public transit is set up to work for me.
8. I can, if I wish, arrange to attend social events without worrying if they are accessible to me.
9. I can easily find housing that is accessible to me, with no barriers to my mobility.
10. I can go shopping alone most of the time and be able to reach and obtain all of the items without assistance, know that cashiers will notice I am there, and can easily see and use the credit card machines. I also don't have to worry about finding a dressing room I can use, or that it's being used as a storage room.
11. Hospital staff, store staff, folks coming to fix something at my house, and others will speak directly to me, and not to an able-bodied person with me.
12. I can be reasonably assured that I won't be late for meetings due to mobility barriers.
13. When speaking with medical professionals, can expect them to understand how my body works, to answer my questions, and respect my decisions.
14. People do not tell me that my ability level means I should not have children. They will be happy for me when I become pregnant, and I can easily find supportive medical professionals and parents like me
15. I know that my income can increase based on my performance, and I can seek new and better employment if I choose; I do not have to face a court battle to get an increase in my income.
16. I can choose to share my life with someone without it being seen as a disadvantage to them

Selections from the

### **Male Privilege Checklist**

Drawn & adapted from several feminist blogs

1. I was not taught to fear walking alone after dark in public spaces
2. I can be confident that the ordinary language of day-to-day existence will often include my gender. "All men are created equal," mailman, chairman, freshman, etc.
3. If I get married, I won't be expected to change my name or questioned if I don't change my name.
4. I do not have to worry about the "gender wage gap," that women earn only 45-77 cents for each dollar earned by white men in virtually every single occupation for which there is data.
5. No one ever taught me how to hold my key or how to dress in order to "not get raped"
6. Strangers on the street rarely tell me to "smile"
7. I am far less likely to face sexual harassment at work than my female co-workers are
8. If I choose not to have children, my masculinity will not be questioned.
9. If I have children and a career, nobody will think I'm selfish for not staying at home
10. I do not have to worry about the message my wardrobe sends about my sexual availability.
11. The grooming regimen expected of me is relatively cheap and consumes little time
12. If I have a partner who is a woman, chances are she'll do most of the house work.
13. In general, I'm under much less pressure to be thin than my woman counterparts are. If I'm fat, I probably suffer fewer social consequences for being fat than fat women do.
14. On average, I'm not interrupted by women as often as women are interrupted by men.

Selections from the

### **Middle/Upper Class Privilege Checklist**

Drawn & adapted from "Middle Class Privileges" by Education and Class

1. The neighborhoods I can move to, where I feel 'at home,' typically have better resourced schools.
2. I can swear, dress in second-hand clothes, or not do my homework without having people attribute these choices to the bad morals or laziness of my class.
3. People in politics appear to pay attention to my social class and mention "the middle class" often.
4. I can read recipes and purchase whatever ingredients or appliances they might call for.
5. I see something advertised that I really really want, I can usually buy it.
6. If I find myself in a legally perilous situation, I can hire an attorney
7. My eyesight, smile, and physical health aren't inhibited too much by my income
8. If I want to, I can update my wardrobe to fit current styles
9. As a kid, I was able to participate in camp, sports, and other extracurricular activities
10. Growing up, college was not a lofty dream, but a given.
11. Whenever I've moved out of my home it's been voluntary, and not due to eviction. I've had another place to go.

### **Cisgender Privilege Checklist**

drawn & adapted from [itspronouncedmetrosexual.com](https://itspronouncedmetrosexual.com)

1. I can use public restrooms without fear of verbal abuse, physical intimidation, or arrest
2. Strangers don't assume they can ask me what my genitals look like
3. My validity as a man/woman/human is not based on how much surgery I've had or how well I "pass" as my gender.
4. Strangers call me by the name I provide, and don't ask what my "real name" [birth name] is and then assume that they have a right to call me by that name.
5. If I end up in the emergency room, I do not have to worry that my gender will keep me from receiving appropriate treatment, or that all of my medical issues will be seen as a result of my gender.
6. My identity is not considered a mental pathology ("gender identity disorder" in the DSM IV) by the psychological and medical establishments.
7. I have the ability to not worry about being placed in a sex-segregated detention center, holding facility, jail or prison that is incongruent with my identity.

8. I am not required to undergo an extensive psychological evaluation in order to receive basic medical care.
9. Having my gender as an option on a form, or being able to tick a box on a form without someone disagreeing, and telling me not to lie.
10. I don't have to remind your extended family over and over to use proper gender pronouns.
11. I don't have to worry about going to the airport and, upon giving someone my ID, having my identity or gender identity questioned at security