

SOCIAL IDENTITY

Social Identity Groups

Social identity groups are based upon a variety of characteristics that are at times obvious and visible and not. Social Identity can be self-claimed and/or ascribed by others. For example, racial groupings can be ascribed as well as self-claimed. Government, schools, and employers often ask an individual to claim a racial identity group or simply ascribe one to an individual based on perception. Other social identities are personally claimed but not often announced or easily ascribed such as ability, sexual orientation, religion or citizenship status.

Following are some examples. Feel free to use your own language to name your identities.

Social Identity	Group Membership
Gender	Transgender, Gender Non-Conforming, Gender Fluid, Post-Gender, Gender Queer, Cisgender
Sex	Intersex, Female, Male, X, XXY, XYY, XXXY
Race	Black, Latinx, Pacific Islander, Asian American, Native American, Native Hawaiian, Alaska Eskimo, Bi/Multiracial, Mixed Raced, White
Ethnicity	Irish, Han, Garifuna, Haitian, Puerto Rican, Palestinian, Italian, Jewish, Guatemalan, Lebanese, European-American, Serb, Ashanti
Sexual Orientation/Attractionality	Queer, Lesbian, Gay, Bisexual, Pan-Attractional, Questioning, Heterosexual
Religion/Spirituality Faith/Meaning	Hindu, Muslim, Buddhist, Yoruba, Jewish, Christian, Pagan, Agnostic, Greek Orthodox, Goddess Worshipper, Atheist, Secular Humanist
Socio-economic Class	Below the Poverty Line, Low Income, Middle Class, Upper-Middle Class, Wealthy, The 1%
Age	Child, Adolescent, Young Adult, Adult, Senior, Elderly
(Dis)Ability	Person with disabilities (cognitive, physical, emotional, etc.), Temporarily able-bodied, Temporarily disabled, Differently Abled, Able-Bodied
First Language	Tagalog, Urdu, Spanish, Kreyol, English, Mandarin, Bengali, French, Swahili
Nation(s) of Origin and/or Citizenship	Mexico, United States, Nigeria, Korea, Turkey, Brazil, Chile, El Salvador, Haiti, Canada
U.S. Citizenship Status	Undocumented, Asylee, Internally Displaced Person, Student Visa, Work Visa, Permanent Resident, Naturalized Citizen, U.S. Born
Tribal or Indigenous Affiliation	Lakota, Tewa, Absentee Shawnee, Anishinaabeg, Native Hawaiian, Alaskan Eskimo
Body Size/ Type	Fat, Person of Size, Thin
Parenthood	Single Parent, Multi-Parent Household, Foster Parent, Parent through Adoption, Gender NonConforming Parent, Same Gender Parents, Kinship Parent, Informal Parenting Network, Parent through Communal Living, Not a Parent, Two-parent household

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Self-Reflection

1. In the column labeled "GROUP MEMBERSHIP," list the memberships that you claim and/or those that are ascribed to you.

2. On the following page, respond to the prompts by listing the social identities that best complete each statement.

Social Identity	Group Membership
Gender	
Sex	
Race	
Ethnicity	
Sexual Orientation/Attractionality	
Religion/Spirituality Faith/Meaning	
Socio-economic Class	
Age	
(Dis)Ability	
First Language	
Nation(s) of Origin and/or Citizenship	
U.S. Citizenship Status	
Tribal or Indigenous Affiliation	
Body Size/ Type	
Parenthood	

Which social identity/identities...

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Example: <i>...Are you most aware of?</i>	Example: <i>Race, Gender and Body Type</i>
...Are you most aware of?	
...Do you think about the least?	
...Do you experience others responding to the most (positively and/ or negatively)?	
... are you most likely to lead with in times of conflict?	
...Has/have presented complications in your relationships, both personal and professional?	