

POWER/PRIVILEGE CHECKLIST*

This exercise is to help you learn about those areas of your life in which you have Privilege and those areas in which you do not. Please look at the descriptions in each column. Check off in each column the descriptions that apply to you. When you are finished, give yourself one point for each item checked off in the column marked “Norm” and one point for each item checked off in the column marked “Other.” Subtract the total in the “Other” column from the total in the “Norm” column. This will give you your *Power/Privilege Score*.

NORM (Have Privilege)		OTHER (Less Privileged)	
Men	<input type="checkbox"/>	Women	<input type="checkbox"/>
White	<input type="checkbox"/>	People of color	<input type="checkbox"/>
Heterosexual	<input type="checkbox"/>	Lesbian, gay, bisexual	<input type="checkbox"/>
Non-transgender	<input type="checkbox"/>	Transgender	<input type="checkbox"/>
Wealthy	<input type="checkbox"/>	Poor	<input type="checkbox"/>
Adult	<input type="checkbox"/>	Child	<input type="checkbox"/>
Traditionally educated	<input type="checkbox"/>	Self-educated	<input type="checkbox"/>
Society’s definition of sane	<input type="checkbox"/>	Other than society’s definition of sane	<input type="checkbox"/>
Temporarily able-bodied	<input type="checkbox"/>	Differently-abled	<input type="checkbox"/>
Society’s definition of attractive	<input type="checkbox"/>	Other than society’s definition of attractive	<input type="checkbox"/>
Society’s definition of emotionally stable	<input type="checkbox"/>	Other than society’s definition of emotionally stable	<input type="checkbox"/>
Young adult or Middle-aged	<input type="checkbox"/>	Child or older person	<input type="checkbox"/>
English speaking	<input type="checkbox"/>	Other language speaking	<input type="checkbox"/>
Average size	<input type="checkbox"/>	Other sizes	<input type="checkbox"/>
White collar	<input type="checkbox"/>	Blue collar	<input type="checkbox"/>
Non-institutionalized	<input type="checkbox"/>	Institutionalized	<input type="checkbox"/>
Non-victims	<input type="checkbox"/>	Survivors	<input type="checkbox"/>
Christian	<input type="checkbox"/>	Those with other beliefs than Christian	<input type="checkbox"/>
North American	<input type="checkbox"/>	The rest of the world	<input type="checkbox"/>
Two heterosexual parents per family	<input type="checkbox"/>	Other family compositions	<input type="checkbox"/>
Healthy	<input type="checkbox"/>	Less healthy	<input type="checkbox"/>
Landowners	<input type="checkbox"/>	Tenants	<input type="checkbox"/>

A. Total number of points in “Norm” _____ **B.** Total number of points in “Other” _____

Subtract: **A — B =** _____ *Power/Privilege Score*

**Adapted from National Centers of Excellence in Women’s Health Cultural Competence Curriculum, Originally from Operation Concern, Dept of Social Work Education, San Francisco State University, San Francisco, CA. Gordon, BG., & Hogue, HB.1993.*