

## Privilege Walk

1. If your parents worked nights and weekends to support your family, take one step back.
2. If you are able to move through the world without fear of sexual assault, take one step forward.
3. If you can show affection for your romantic partner in public without fear of ridicule or violence, take one step forward.
4. If you have ever been diagnosed as having a physical or mental illness or disability, take one step back.
5. If the primary language spoken in your household growing up was not English, take one step back.
6. If you came from a supportive family environment, take one step forward.
7. If you have ever tried to change your speech or mannerisms to gain credibility, take one step back.
8. If you can go anywhere in the country and easily find the kinds of hair products you need or cosmetics that match your skin color, take one step forward.
9. If you were embarrassed about your clothes or housing while growing up, take one step back.
10. If you can make mistakes and not have people attribute your behavior to characteristics related to your ethnicity, gender, age, class and so on, take one step forward.
11. If you were born in the country in which you currently reside, take one step forward.
12. If you or your parents have ever gone through a divorce, take one step back.
13. If you had adequate access to healthy food growing up, take one step forward.
14. If you are reasonably sure you would be hired for a job based on your ability and qualifications, take one step forward.
15. If you would never think twice about calling the police when trouble occurs, take one step forward.
16. If you not feel free to access the bathroom of your choice, take one step back.
17. If you can easily enter a building, access a bathroom, and navigate public spaces, take one step forward.
18. If you can see a doctor whenever you feel the need, take one step forward.
19. If you feel comfortable being emotionally expressive and open, take one step forward.
20. If you have ever been the only person of your ethnicity, Indigeneity, gender, class, gender identity, sexual orientation, age, ability, or religion in a classroom or workplace setting, please take one step back.
21. If you took out loans for your education, take one step backward.
22. If you get time off for your religious holidays, take one step forward.
23. If you or any member of your family attended residential schools or were otherwise forcefully removed from family and community to non-Indigenous environments as a child, take one step back.

24. If you had a job during your high school and college years, take one step back.
25. If you feel comfortable walking home alone at night, take one step forward.
26. If you have ever traveled outside your home country, take one step forward.
27. If you have ever felt like there was NOT adequate or accurate representation of your ethnicity, Indigeneity, gender, class, gender identity, sexual orientation, age, ability, or religion in the media, take one step back.
28. If you are able to drive carelessly without someone attributing it to your cultural identity(ies), take one step forward
29. If you feel confident that your parents would be able to financially help/support you if you were going through a financial hardship, take one step forward.
30. If you have ever been bullied or made fun of based on something that you can't change, take one step back.
31. If there were more than 50 books in your house growing up, take one step forward.
32. If you studied the culture or the history of your ancestors in elementary school, take one step forward.
33. If your parents or guardians attended college or university, take one step forward.
34. If you ever went on a family vacation, take one step forward.
35. If you can buy new clothes or go out to dinner when you want to, take one step forward.
36. If you were ever offered a job because of your association with a friend or family member, take one step forward.
37. If one of your parents was ever laid off or unemployed not by choice, take one step back.
38. If you were ever uncomfortable about a joke or a statement you overheard related to your ethnicity, Indigeneity, gender, class, gender identity, sexual orientation, age, ability, or religion but felt unsafe to confront the situation, take one step back.
39. If you have ever been a victim of violence because of your ethnicity, Indigeneity, gender, class, gender identity, sexual orientation, age, ability, or religion, take one step back.
40. If you feel pressure or are prohibited from wearing clothing that expresses your gender, religious or other cultural identity, take one step back.

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This list of questions was adapted from [Buzzfeed](#). However, no credit was given for its origins. The origin of this idea came from Peggy McIntosh, listed below. Similar lists have emerged and been adapted over the years, in part to expand the focus beyond ethnicity to other cultural identities, so I am granting credit by listing some of those sources.

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