

Privilege Walk

1. If your parents worked nights and weekends to support your family, lose a privilege point.
2. If you are able to move through the world without fear of sexual assault, gain a privilege point.
3. If you can show affection for your romantic partner in public without fear of ridicule or violence, gain a point.
4. If you have ever been diagnosed as having a physical or mental illness or disability, lose a point.
5. If the primary language spoken in your household growing up was not English, lose a point.
6. If you came from a supportive family environment, gain a point.
7. If you have ever tried to change your speech or mannerisms to gain credibility, lose a point.
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, gain a point.
9. If you were embarrassed about your clothes or housing while growing up, lose a point.
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, gain a point.
11. If you were born in the country in which you currently reside, gain a point.
12. If you or your parents have ever gone through a divorce, lose a point.
13. If you had adequate access to healthy food growing up, gain a point.
14. If you are reasonably sure you would be hired for a job based on your ability and qualifications, gain a point.
15. If you would never think twice about calling the police when trouble occurs, gain a point.
16. If you not feel free to access the bathroom of your choice, lose a point.
17. If you can easily enter a building, access a bathroom, and navigate public spaces, gain a point.
18. If you can see a doctor whenever you feel the need, gain a point.
19. If you feel comfortable being emotionally expressive and open, gain a point.
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, lose a point.
21. If you took out loans for your education, lose a point.
22. If you get time off for your religious holidays, gain a point.
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, lose a point.
24. If you had a job during your high school and college years, lose a point.
25. If you feel comfortable walking home alone at night, gain a point.
26. If you have ever traveled outside your home country, gain a point.
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, lose a point.

28. If you are able to drive carelessly without someone attributing it to your cultural identity(ies), gain a point.
29. If you feel confident that your parents would be able to financially help/support you if you were going through a financial hardship, gain a point.
30. If you have ever been bullied or made fun of based on something that you can't change, lose a point.
31. If there were more than 50 books in your house growing up, gain a point.
32. If you studied the culture or the history of your ancestors in elementary school, gain a point.
33. If your parents or guardians attended college or university, gain a point.
34. If you ever went on a family vacation, gain a point.
35. If you can buy new clothes or go out to dinner when you want to, gain a point.
36. If you were ever offered a job because of your association with a friend or family member, gain a point.
37. If one of your parents was ever laid off or unemployed not by choice, lose a point.
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, lose a point.
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, lose a point.
40. If you feel pressure or are prohibited from wearing clothing that expresses your gender, religious or other cultural identity, lose a point.

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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