Chart of Oppression

Oppression = Systematic power + prejudice

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| Category | Agent | Target |
| Classism | Owning class | Working class |
| Racism | White people | People of color |
| Sexism | Men | Women |
| Cissexism/Transphobia | Cisgender people | Trans, gender expansive, gender diverse |
| Heterosexism | Heterosexual people | LGBTQ people |
| Nativism | U.S.-born people | Immigrants |
| Imperialism | U.S. | Other countries |
| Ableism | Able-bodied, able-minded | People with disabilities |
| Ageism | 21-65 | Under 21 and over 65 |
| Religious oppression | Protestant Christians | Members of all other religions and those who don’t practice a religion |

Note: This chart is for the U.S. context. Circumstances may be very different outside a U.S. context. It is simplified. It does not account for the ambiguities present in reality, for example, of a person who has one White parent and one parent who is a person of color. It is not comprehensive. There may be additional categories we can add. Most people have at least one identity in which they are in the target category and at least one in which they are in the agent category. This is an example of intersectionality; no one can be reduced to just one aspect of their identity.