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Wheel of Oppression

1. Introduction

- C There is no hierarch of oppressions- NOT the same as saying we are equally oppressed.
- C We are simultaneously oppressor and oppressed
- C We are responsible for over throwing the ways that we are oppressed and the ways that we are oppressors
- C Oppressions are interconnected

2. Introducing the Wheel of Oppression.

- C Place mostly empty wheel diagram on wall w/ heterosexual/LGBT spokes filled in.
- C Ask group to fill in major oppressed groups, then do the opposite, make sure to leave empty spokes to symbolize all the categories

3. 'But...' Statements: definition

4. *Journaling exercise*: individual/personal 'But ...'statements

5. 'Spin the Wheel of Oppression'

- a. Floor model of wheel already filled in, along w/bottle
- b. get volunteer(s) (2) to spin bottle land on axis
- c. 2 volunteers, one on oppressed side and inhabits the role, the other in the oppressor role; participants should switch half way thru exercise
- d. volunteers answer general questions:
 - C how do you know you are...?
 - C How does the rest of the world know that you are...?
 - C How does the world treat you...?
- e. group helps by asking other questions and facilitators point out when axis have been crossed.

6. Small group work with smaller wheel diagrams

each participant spins the wheel.

7. Large group re-assembly

- C observe that it was necessary to go into other axis-stresses the interconnectedness of oppressions.
- C revisit working assumption - about asymmetry of oppressor and oppressed.