ALLYSHIP 101

POWER:
The ability to influence, bring about or prevent change.

PRIVILEGE:
A special advantage that a person is born to or acquires during their lifetime

OPRESSION:
Systematic control of a group of people with access to social power. Maintained via social beliefs and practices.

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UNDERSTAND

RECOGNIZE

EXPRESSION

(practise, learn, think, act, reflect)

EXPRESSION

(not oppress)

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WHAT IS OPPRESSION?

Oppression is the use of power to dis-empower, marginalize, silence or otherwise subordinate one social group or category, often in order to further empower and/or privilege the oppressor.

Oppression can occur between individuals and groups, as well as at an institutional level.

Everyone is responsible for opposing oppression.

WHAT IS ANTI-OPPRESSION?

At the University of Guelph, all of us are responsible for creating an inclusive community. One of the ways that we do this is by confronting oppression. How?

We speak out against individual and societal examples. We commit to self-improvement by reflecting on our own power, privilege, and biases.

ALLYSHIP = ACTION

Positive
Speech.
In a word, Guelph.

Go
Above & Beyond.
In a word, Guelph.

Questions?
Want to book a training session or order a poster? Call X53000