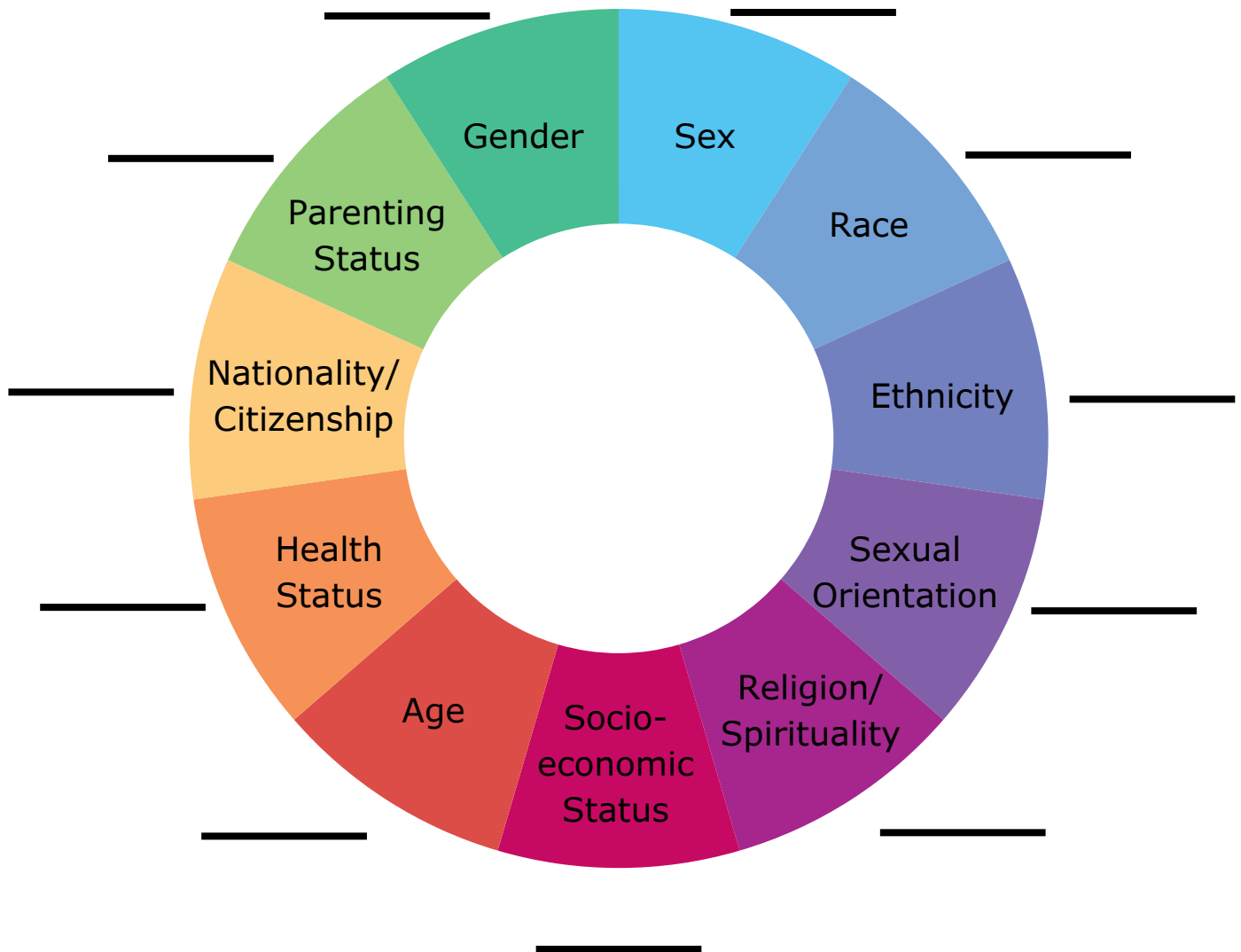


# Social Identity Wheel<sup>7</sup>

Adapted for use from the Program on Intergroup Relations and the Spectrum Center, University of Michigan.



Label the above categories with the numbers of the statements below as they apply to you and your identity:

1. Identities you think about most often
2. Identities you think about least often
3. Your own identities you would like to learn more about
4. Identities that have the strongest effect on how you perceive yourself
5. Identities that have the greatest effect on how others perceive you
6. Identities that will have the biggest impact on casework and interacting with families

## Social Identity Groups

Social identity groups are based on the varying characteristics of individuals. They are sometimes clear and obvious, sometimes unclear and not obvious, often self-claimed, and frequently assumed by others. For example, racial groupings are often assumed as well as self-claimed. Government, schools, and employers often ask an individual to claim a racial identity group or simply assign one to an individual based on visual perception. Other social identities are personally claimed but not often announced or obvious, such as sexual orientation, religion, or health status.

For this exercise please choose any of the identities you claim or you feel are assigned to you. Since issues of social identity are often fluid and the basis of much social conflict, the terms used to describe them below were intentionally chosen to be as equitable and inclusive as possible. With that said, it is reasonable to expect the terms we use to describe identities may cause disagreement. *Feel free to use your own preferred terms for this exercise and moving forward in our time together.*

### Examples

**Gender:** woman, man, transgender, non-binary, gender fluid, gender queer

**Sex:** intersex, female, male, assigned female at birth, assigned male at birth

**Race:** Asian Pacific Islander, Native American, Latin@, Black, White, Bi/Multi-racial

**Ethnicity:** Chinese, Puerto Rican, Navajo, Jewish, Guatemalan, Lebanese, European-American

**Sexual Orientation:** lesbian, gay, bisexual, pansexual, heterosexual, queer, questioning

**Religion/Spirituality:** Muslim, Buddhist, Jewish, Christian, Agnostic, Atheist

**Socio-economic Status:** poor, working class, middle class, wealthy

**Age:** child, teen, young adult, middle-aged, senior

**Health Status:** no health concerns, persistent or temporary impacts to emotional/mental/physical/learning functioning

**Nationality/Citizenship:** Mohawk, Aboriginal, United States, Nigeria, Korea, Turkey, Argentina

**Parenting Status:** parent, step-parent, bio parent, adoptive parent, caregiver, no children, experience of loss or longing