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**Five Categories of Oppression**

1. EXPLOITATION
* A steady process of the transfer of the results of the labor of one social group to benefit another.
* Social relations produced and reproduced through a systematic process in which the energies of the subordinate group are continuously expended to maintain and augment the power, status, and wealth of the dominant group.
1. MARGINALIZATION
* The expulsion of entire groups of people from useful participation in social life that potentially subjects them to severe material deprivation and possible extermination.
* Even those with material resources experience feeling useless, bored, and lacking self-respect.
1. POWERLESSNESS
* The powerless lack authority; they are those over whom power is exercised without their exercising it; they are situated so that they must take orders and rarely have the right to give them.
* The powerless have little or no work autonomy, exercise little creativity or judgment in their work, and do not command respect.
* A lack of “respectability”—respect is not automatically given.
1. CULTURAL IMPERIALISM
* The universalization of a dominant group’s experience and culture, its establishment as the norm.
* These norms render the experiences and cultures of subordinate groups invisible and create stereotypes about the group, marking it as the Other.
1. VIOLENCE
* Members of subordinate groups live with the threat of violence based on their status as group members.
* To a great extent, this violence is legitimated because it is tolerated.

Source: Iris Young, “Five Faces of Oppression,” Readings for Diversity and Social Justice, 2nd ed., ed. Maurianne Adams, et al, New York: Routledge, 2010, 35-45.