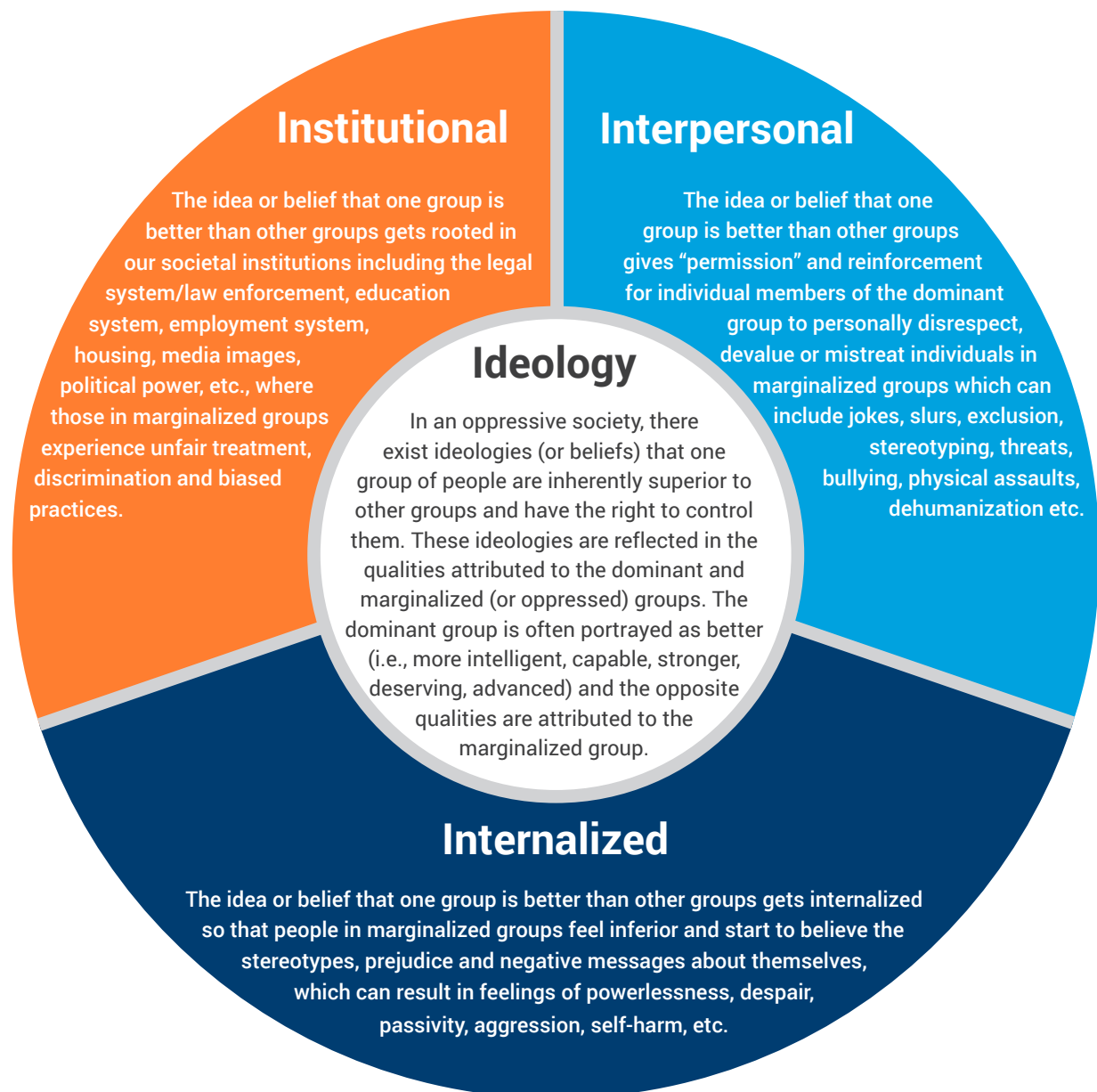


DEFINITIONS: 4 I'S OF OPPRESSION

Oppression: A system of mistreatment, exploitation and abuse of a marginalized group(s) for the social, economic or political benefit of a dominant group(s). This happens within a social hierarchy where people are ranked according to status, often based on aspects of social identity.

In any society, there are core belief(s) or **ideologies** about how the dominant and marginalized groups relate to each other, which are embedded in the societal **institutions** (e.g., government, economy, criminal justice system, health care, education, media, etc.). These core beliefs are also expressed through **interpersonal** relationships and communication and in the **internalized** messages that people have about themselves and how they should be treated.



4 I'S OF OPPRESSION CYCLE

