

# Activity: The Power Flower

In this activity, you'll use a tool called the Power Flower to explore how different parts of your identity connect to systems of privilege and oppression. Everyone may feel varying levels of comfort with this type of reflective work. Please take your time, take breaks, or pause the activity when needed.

## Instructions:

### Step 1 – Fill in the Outer Petals:

In each of the outer petals, write down the socially dominant group for that identity category in your context.

For example, in Canada, the dominant group for citizenship might be “Canadian citizen.”

In academic institutions, the dominant knowledge paradigm values “Western science” and “objectivity” as the most reliable and valuable form of knowledge or evidence. Other knowledge traditions, such as Indigenous ways of knowing are not typically recognized in the same way.

### Step 2 – Fill in the Inner Petals:

Inner Petals – Your Own Identities

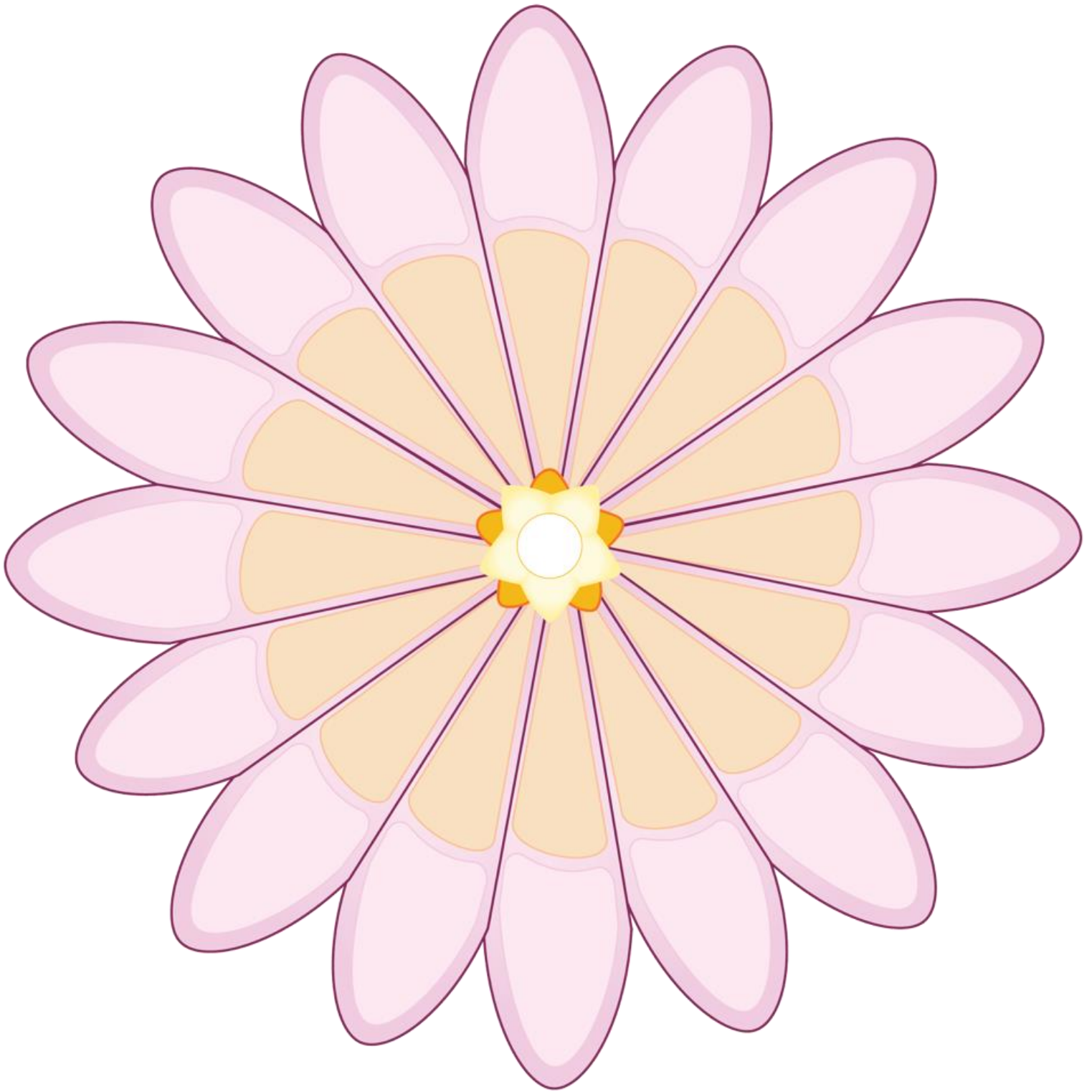
In the inner petals, write your own social identities for each category (e.g., race, gender, religion, citizenship, ability, etc.).

### Reflect on Your Power & Privilege:

Compare your inner petals to the outer petals.

For any petal where your identity matches the dominant group, colour in that petal fully. This represents areas where you may hold social power or privilege.

If your identity partially aligns (e.g., you're a cisgender woman in the gender petal), you might colour the petal partially to show some alignment with dominant norms but not full privilege (i.e. cisgender males are dominant and trans gendered people are oppressed).



Category	Socially Dominant Group	Your Own Social Identities
Race		
Social Class		
Gender		
Ability/Disability		
Citizenship		
Sexual Orientation		
Housing		
Way of Knowing		
Age Group		
Body Size		
Mental Health		
Ethnic Group		
Religion		
Level of Education		
Language(s)		
Neurodiversity		