

THE IMPORTANCE OF INTERSECTIONALITY

WHEN ADDRESSING DISCRIMINATION AND ADVOCACY

DEFINITION

noun - in·ter·sec·tion·al·i·ty :: Merriam-Webster

the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups

This is a theory introduced by Kimberle Crenshaw in 1989, that takes into consideration the intersections and overlaps that exist in relation to many social issues; like gender, race, socio-economic status, and class.

BENEFITS

- The intersections of the systems that uphold the imbalances, **if left unacknowledged**, work together to oppress some while allowing privilege for others.
- It's a crucial theory to work within in daily life and in advocacy. Understanding the intersections that exist helps to acknowledge our own privileges.
- In turn, with increased knowledge comes increased compassion and capacity to help and support others that are negatively affected by the unjust systems that you may or may not be benefitting from.
- Increasing compassion ultimately leads to a stronger community.

Copyright, 2021. Mood Disorders Association of Manitoba and Brianne Ste Marie Lacroix. All rights reserved.



Mood Disorders
ASSOCIATION OF MANITOBA

**Helping people
help themselves**

THE IMPORTANCE OF AWKNOWLEDGING PRIVILEGES

***WHEN ADDRESSING DISCRIMINATION AND ADVOCACY
...AND LIFE IN GENERAL***

DEFINITION

noun - priv·i·lege

A special advantage, right, or immunity granted to, or available only to a particular person or group of people.

This leads to a deficit in benefits and opportunities for those that **do not have** said privilege.

• WARNING!

- May increase capacities for gratitude, compassion, and empathy
- May increase your ability to notice injustices in the world
- May increase the desire to support folx that have systems pit against them, where you may benefit

WHAT IT'S NOT

Acknowledging our individual privileges is not:

- Dismissing pain and struggles that someone experienced in life because they have privileges
- Emotions are always valid because they're yours.

REMEMBER!

- The thing is with some privileges, the struggles you're facing **are not because of** the lack of said privilege.
- Others without that privilege **do struggle because of** the lack of it.

Copyright, 2021. Mood Disorders Association of Manitoba and Brianne Ste Marie Lacroix. All rights reserved.



Mood Disorders
ASSOCIATION OF MANITOBA

**Helping people
help themselves**