

Identity Wheel

Fill in each box around the circle with the identities you possess. All definitions are up to your interpretation. Then answer the questions in the middle of the circle and on the back of this handout.

The Identity Wheel is a circular diagram with 18 segments, each representing a different identity category. The categories are arranged clockwise starting from the top: National Origin, Race, Ethnicity, Religious or Spiritual Affiliation, Education, Major, Age, Political Affiliation, Neurocognitive Status, First Language/Dialect, Family Status, Physical Ability, Citizenship Status, Gender Expression, Gender Identity, Sex, Sexual Orientation, and Socioeconomic Status. In the center of the wheel is a circle containing the following text:

List the 3 identities you think about most often.

- 1.
- 2.
- 3.

Identity Wheel Terminology and Definitions

It is unavoidable that some identity categories or specific examples have not been listed. If a category that is meaningful to you or group has been left out, please write it in.

Term	Definition	Examples (not comprehensive, please write in what is right for you)
Race	A socially constructed system of classifying humans based on particular phenotypical characteristics (skin color, hair texture, and bone structure).	Perceived as Person of Color Perceived as White Detailed: Asian/South Asian Black Bi- or multiracial (parents and/or grandparents of mixed racial ancestry) Indigenous Native Hawaiian/Pacific Islander White
Nationality/National Origin	Where a person is from/ancestors were from	Chinese, Korean, Indian, Sri Lankan, Nepalese, African, Caribbean, Cherokee, Inuit, Samoan, Fijian, Irish, French
Ethnicity:	Refers to a group of people that shares a common language, culture, spiritual tradition, and/or ancestry.	Hispanic, Latinx/e, Cajun, Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, European-American
Religious or Spiritual Affiliation	Self-identification with a set of religious or spiritual beliefs, or lack thereof	Hindu, Buddhist, Jew, Christian, Muslim, Atheist, Agnostic
Education	Level of education attained and/or planned	High School, Some College, Bachelor's Degree, Master's Degree, professional degree, PhD,
Major	Academic discipline you are studying.	Engineering, Biomedical Sciences, Communication
Age	An individual's development measured in years	Child, Teen, Young Adult, Middle-Age Adult, Elderly, Numerical Age
Political Affiliation	One's association with a political party or faction, and that party or faction's ideals. It can be qualified within the party/faction, as in "moderate Democrat," or "left-leaning Republican."	Democrat, Republican, Green, Libertarian, with modifiers such as "conservative," "liberal," "moderate."
Neurocognitive Status	Variation in the brain and its functioning; can include mental health or neurological differences.	ADHD, autism spectrum, exceptionalities, etc.
First Language/Dialect	Language(s) or language varieties (e.g. dialects and accents) spoken in your home growing up.	American English, Spanish, Tex-Mex, Tagalog, Chinese, Appalachian English
Family Status	Relevant family dynamics for you or your role(s) in your family.	Siblings, birth-order within family, blended/stepfamilies, mother/father, husband/wife
Physical Ability	Variation in the physical body and its functioning	Able-bodied, people with physical disabilities, people with



		developmental disabilities, exceptionalities
Citizenship Status	Citizenship status refers to whether one holds citizenship status, temporary or permanent residency, or documented or undocumented non-citizenship in the United States or another country.	Citizen, resident-alien, undocumented
Gender Expression	The external display of one’s gender, through a combination of clothing, grooming, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Often framed with respect to an individual’s gender identity and/or sexuality (e.g. <i>tomboyish</i> is not typically used to refer to a man who presents as masculine). Also referred to as “gender presentation.”	Masculine, feminine, tomboyish, effeminate, manly, butch, femme, androgynous
Gender Identity	<p>The internal perception of one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be. Often conflated with biological sex, or sex assigned at birth.</p> <p>Cisgender: The term for people whose gender assignment at birth and subsequent socialization are the same as their identity. The word cisgender can also be shortened to “cis.”</p> <p>Transgender: 1. a gender description for someone who has transitioned (or is transitioning) from living as one gender to another. 2. an umbrella term for anyone whose sex assigned at birth and gender identity do not correspond in the expected way.</p> <p>Genderqueer, Genderfluid, Non-Binary: 1. a gender identity label often used by people who do not identify with the binary of man/woman. 2. an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid).</p>	Cis-Woman, Cis-Man, Transgender, Genderqueer, Two Spirit
Sex	A medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or specifically as “sex assigned at birth.”	Female, Male, Intersex
Sexual Orientation	The type of sexual, romantic, emotional/ spiritual attraction one has the capacity to feel for some	Lesbian, Bisexual, Gay, Heterosexual, Queer, Questioning



	others, generally labeled based on the gender relationship between the person and the people they are attracted to.	
Socioeconomic Status	The social standing or class of an individual or group. It is often measured as a combination of education, income, and occupation.	Working class, Working middle class, Middle class, Upper middle class, Upper class

Citations:

American Psychological Association. (2019). Socioeconomic Status. [<https://www.apa.org/topics/socioeconomic-status/>]. Last accessed 18th December 2019].

Sensoy, O., & DiAngelo, R. (2017). *Is everyone really equal?: An introduction to key concepts in social justice education*. Teachers College Press.

Adapted from Comprehensive* List of LGBTQ+ Vocabulary Definitions: <https://www.itspronouncedmetrosexual.com/2013/01/a-comprehensive-list-of-lgbtq-term-definitions/>

Adapted from Social Identity Wheel by the Program on Intergroup Relations and the Spectrum Center, University of Michigan: <https://sites.lsa.umich.edu/inclusive-teaching/wp-content/uploads/sites/732/2020/07/Social-Identity-WheelDefinitions.pdf>

