Social Categories

Social identity groups are based on the physical, social, and mental characteristics of individuals. They are sometimes obvious, and other times unclear. Some are self-claimed (whether announced or not), and some are given by others.

For the purpose of this self-examination, please identify the categories you claim or others have given you. These are examples below. Since issues of social identity often cause conflict, it is reasonable to expect that even the terms we use to describe them may cause disagreement. Feel free to use your own preferred terms instead of the examples provided.

\*Adapted from The Program on Intergroup Relations, University of Michigan

**Gender Woman, Man, Transgender, Post-gender**

**Sex Male, Female, Intersex**

**Race Black, White, Asian, Native American**

**Ethnicity Irish, Mexican, Filipino, Cherokee, Jewish**

**Sexual Orientation Lesbian, Gay, Bisexual, Pansexual, Queer**

**Religion/Spirituality Muslim, Catholic, Hindu, Pagan, Atheist**

**Social Class Poor, Working Class, Middle Class, Upper Class**

**Age Child, Young Adult, Adult, Senior**

**(Dis)Ability Able bodied, Temporarily Disabled**

**Nation of Origin United States, Korea, Inda, Mexico, Poland**

**Tribal Affiliation Navajo, Cherokee, Mohawk, Aboriginal**

**Body Type Fat, Person of Size, Thin, Athletic**