

One Up / One Down Assessment

Social Identity Group	One Up (Dominant)	One Down (Subordinate)
1. Gender		
2. Sexual Orientation		
3. Gender Identity		
4. Age		
5. Religion		
6. Race/Culture		
7. Class		
8. Education		
9. Marital Status		
10. Able Bodied		
11. Mental Functioning		
12. Physical Appearance		
Totals (Ratio = /)		

Instructions:

For each of the twelve Social Identity Groups, put a check mark in the "One Up" column if your identity factors are associated with the dominant group (privilege). Examples would be: Gender - Male; Gender identity - Cisgender; Education - college educated; Marital status - married; Age - adults.

Put a check mark in the "One Down" category if your identity factors are with a subordinate group (not privileged).

Then, add each column. Tally up the ratio of one up to one down (dominate vs subordinate identities).