

# My Identity: Intersections and Structures

## *disability & identity film worksheet*

### **INTERSECTIONALITY**

Intersectionality is a tool for thinking about how power and oppression exist in systems that are linked and overlapping. Intersectional theory understands that people can be discriminated against or experience privilege from multiple sources at once, and be target by for, and experience markers of their identity such as disability, race, class, gender identity, sexual orientation, religion, etc. at the same time. We are all of our identities at once, as our different identities do not exist independently of each other. You cannot be only your race in one moment and only your sexuality or gender in another. These overlaps are sometimes called *intersectional identities*.

Consider your own life and identities to answer the questions in Part One in ways that feel honest and comfortable to you.

*Complete the questions in Part Two after watching the film. Use the Wheel of Power and Privilege on the third page to help you.*

### **Part One: Pre-Watching Questions**

1. What are some of the identity labels that you navigate (i.e., girl, Black, Indigenous, gay)? Which ones were given to you or emerge as a result of your life circumstances, and which are ones that you feel or have discovered for yourself?
2. What part(s) of your identity are the most emphasized or important in your family? Why do you think this is the case?
3. Choose at least two identity labels that are important to you. How do you experience both of those identities at once?
4. Think about the identity labels that you chose as important to you. Why do you think those are especially important to you? Who or what told you that those are important? (Hint: this might be people like parents or teachers, or things like school, religion, media, etc.)

# My Identity: Intersections and Structures

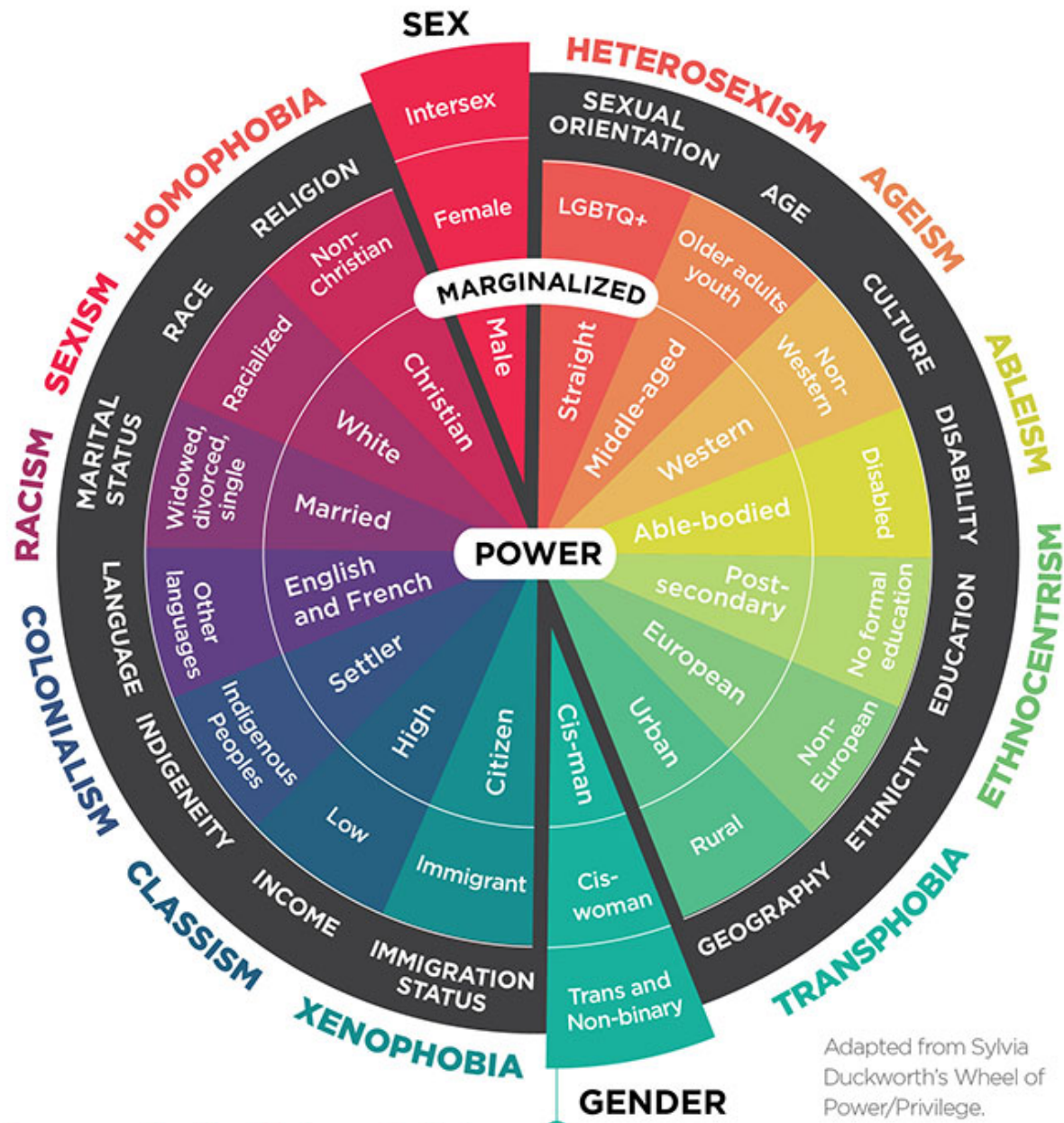
## *disability & identity film worksheet*

### **Part Two: Post-Watching Questions:**

1. Colonialism and white supremacy are major systems of power that label certain bodies as “normal.” What ideas of “normal” are the interviewees grappling with in the clips? What ideas of normal are left unnamed?
2. Not only do structures of white supremacy and colonialism create ideas of normal, they also can combine categories of normal. For instance, whiteness (the colonial normal) might be seen as “healthy,” whereas Blackness or Indigeneity can be seen as unhealthy, disabled, or sick. What other categories can you see being combined in relation to disability, race, gender, or sexuality? (Hint: sometimes these can show up as stereotypes or ideas about people being mentally
3. Not only are identities intersectional, they can also change and flow. At one point, Em (they/she) says “, I have a hard time like really sticking with one label.” How might this pressure to stick to one label reinforce the ideas of “normal” that you listed above?
4. Do you have any identities or ways of understanding yourself that have changed over time? How have other people reacted to your identity if it has/hasn’t changed?
5. What does seeing disability as an identity, rather than just a diagnosis or medical label do?

# My Identity: Intersections and Structures

disability & identity film worksheet



Some gender identity terms include:

Agender	Genderfluid	Gender neutral	Transgender man
Bigender	Genderqueer	Non-binary	Transgender woman

Diagram sourced from:

Bauer, Greta. 2021. "Quantitative Intersectional Study Design and Primary Data Collection." *CIHR Meet the Methods* 3(1)