



COMMON IDENTITIES AND LABELS

2020 EDITION

FOUR-WEEK VERSION

WHAT ARE IDENTITIES?

Identities - or more specifically, social identity groups - are based on the physical, social, and mental characteristics of individuals. Identities may be overt while others are covert. They are often self-claimed or frequently ascribed by others.

COMMON IDENTITY GROUPS & LABELS

There are many identity groups that may form someone's identity. The following is not a comprehensive list of identities. Instead, it should be a reference to help you reflect on some of the most commonly claimed or ascribed identities.

Gender Identity

Examples: Man, Woman, Cisgender, Transgender, Gender Fluid

Sex

Examples: Male, Female, Intersex

Race

Examples: White, Black, Latinx, Asian/Pacific Islander, Native American, Biracial, Multiracial

Ethnicity

Examples: African-American, Cuban, Irish, French, Lakota, Jewish, Puerto Rican

Sexual Identity/Orientation

Examples: Heterosexual, Bisexual, Lesbian, Gay, Queer, Questioning, Asexual

Socioeconomic Status

Examples: Upper Class, Middle Class, Working Class, Poor

Religion or Spiritual Affiliation

Examples: Jewish, Muslim, Christian, Hindu, Bahá'í, Agnostic, Atheist

Age

Examples: Young Adult, Middle-Age Adult, Adolescent, Child, Senior/Elder

Ability

Examples: Temporarily Able-Bodied, Living with a Disability (cognitive, physical, emotional, etc...), Living with a Chronic Disease

Nation of Origin

Examples: United States, Puerto Rico, Japan, Ireland, Barbados, South Africa, Turkey

Education Level

Examples: High School Diploma, Associate's Degree, Bachelor's Degree, Master's Degree, Terminal Degree

Regional Affiliation

Examples: Southerner, Northerner, Texan, Midwesterner, Californian, New Yorker

Role(s) in Relationships

Examples: Brother, Sister, Son, Daughter, Husband, Wife, Partner, Boyfriend, Girlfriend

First Language

Examples: English, Spanish, French, German, Chinese, Arabic