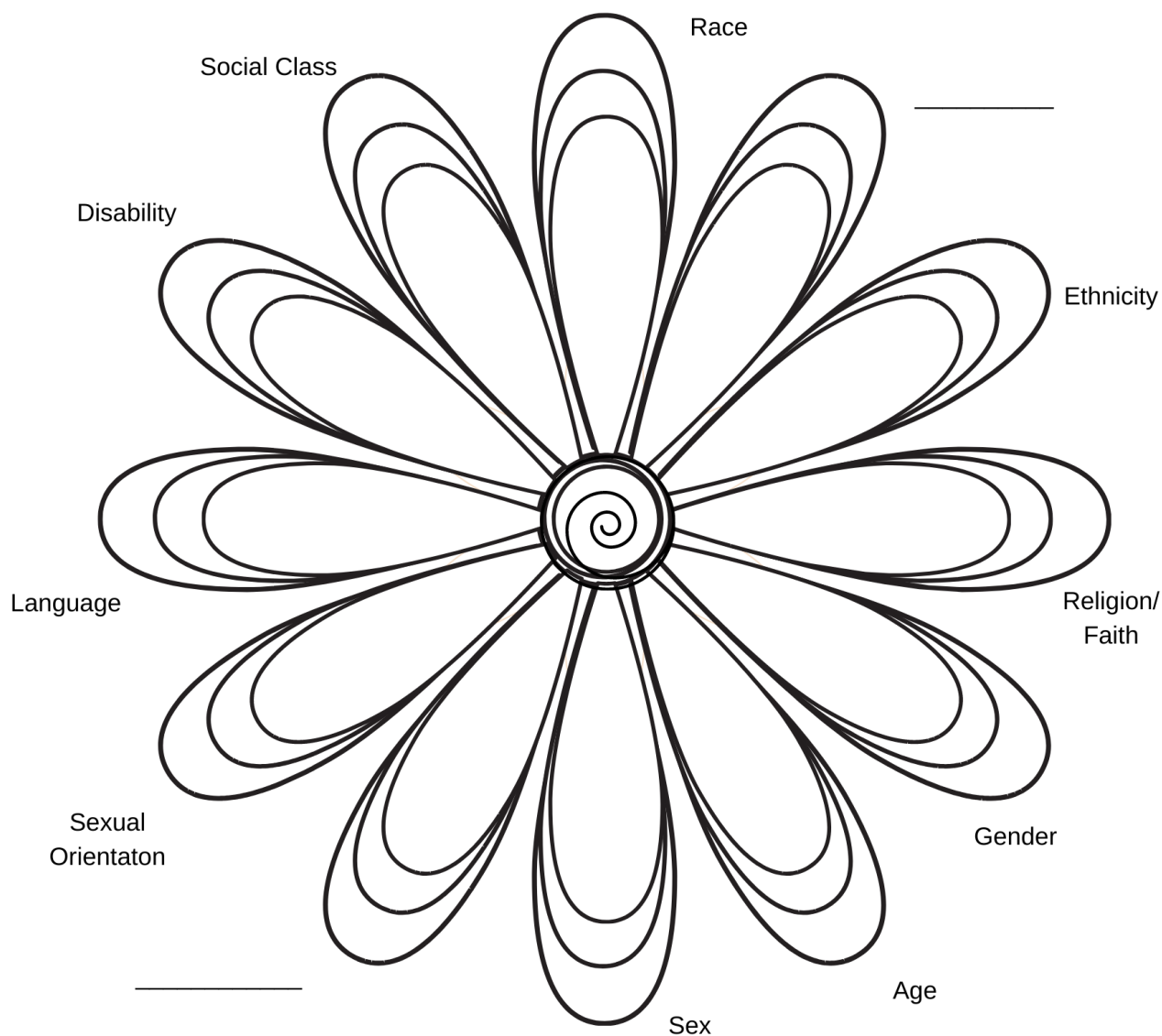


Power Flower Activity

Mark your flowers as follows:

- INNER PETAL: What word(s) describe you with respect to this identity group?
- MIDDLE PETAL:
 - What do you think about most often? Mark with a CHECK (✓).
 - What do you think about least? Mark with a STAR (★).
- OUTER PETAL: Which identities do you have by choice? Mark with a HASHTAG (#).



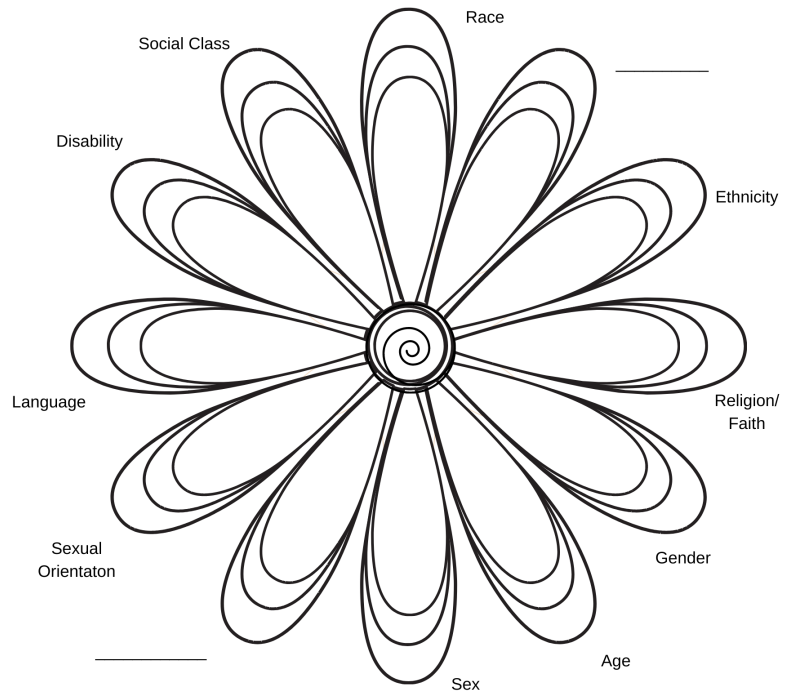
Use the petals with blanks to add additional categories you identify with.



Freedom Lifted

Power Flower

Definitions & Examples



Identity Groups	Descriptions	Examples
Disability	A person's sense of self and feelings of connection to, or solidarity with, the disability community	Person with visual loss, Person with mobility disability, Person without disabilities, Wheelchair user, Autistic person, etc.
Race	Physical differences that groups and cultures consider socially significant	Asian Pacific Islander, Latinx, Black, White, etc.
Ethnicity	Shared culture, such as language, ancestry, practices, and beliefs	Indigenous, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, Samoan, etc.
Sex	Classification based on genitalia and genetics. Typically assigned at birth.	Female, Intersex, Male, etc.
Gender	How we feel about our own gender or who we know ourselves to be	Feminine, Non-binary, Masculine, Agender, Transgender, Cis-gender (personal identity and gender corresponds with their birth sex), etc.
Sexual Orientation	Sexual identity in relation to the gender you are attracted to	Lesbian, Gay, Bisexual, Pan-Attractional, Heterosexual, Queer, Questioning, etc.
Age	Stage of life, often based on the length of time a person has lived	Child, Young Adult, Middle Aged, Senior Citizen, etc.
Social Class	Social and economic status	Poor, Working Class, Middle Class, Wealthy, etc.
Religion/Faith	System of worship or belief	Muslim, Buddhist, Jewish, Hindu, Christian, Pagan, Agnostic, Faith/Meaning, Atheist, Secular Humanist, etc.
Language	Language(s) spoken or known	Bilingual, Native Spanish Speaker, English-only Speaker, etc.

*Other identities may include: Nationality, body size, criminal record, immigration status, military record, etc.