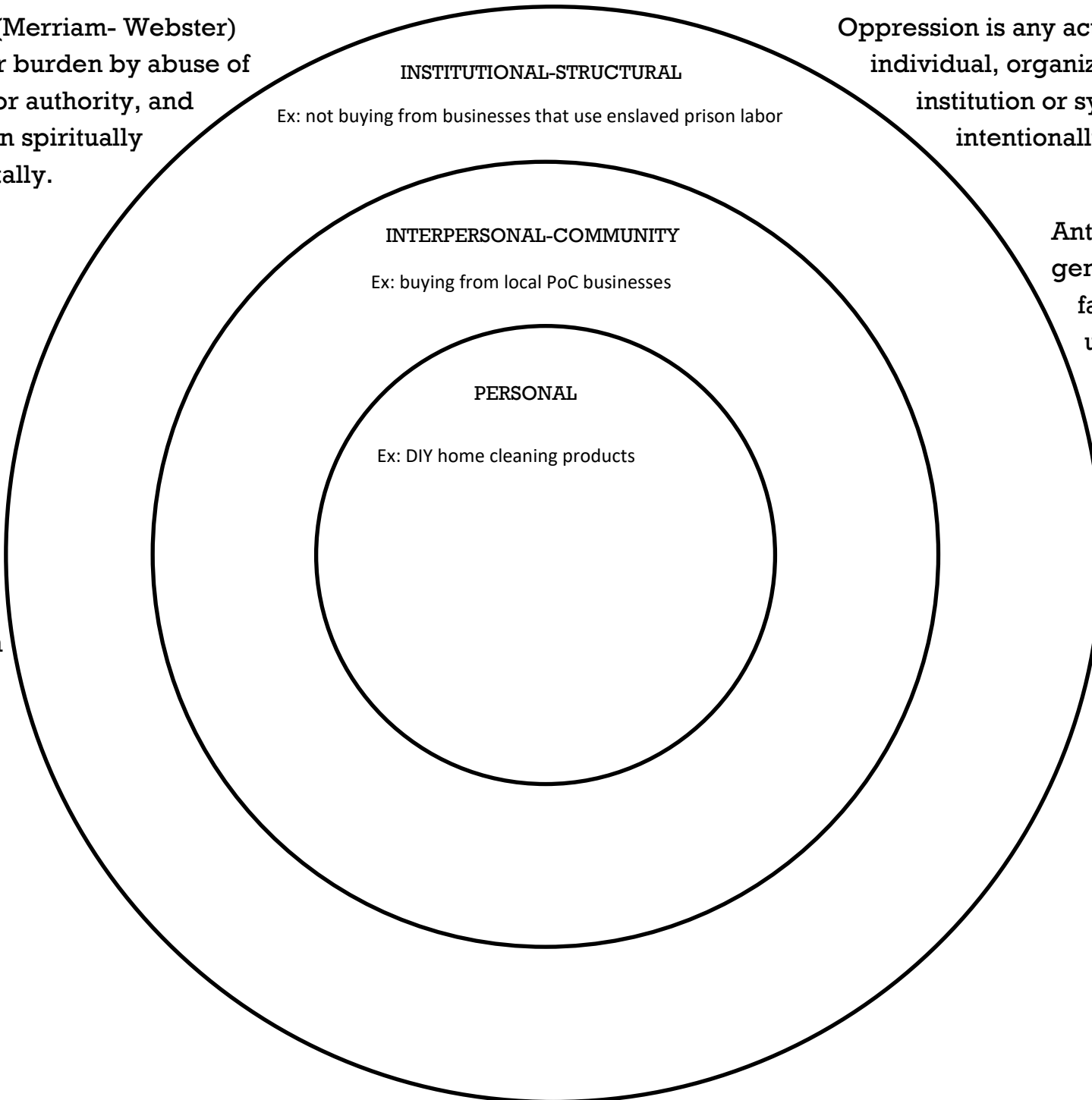


**Each ring of the circle represents a ripple of influence you can create at these 3 layers of how oppression impacts our lives.**

To oppress (Merriam- Webster)  
is to crush or burden by abuse of  
power and/or authority, and  
/or to burden spiritually  
and/or mentally.

Each of us  
experiences  
oppression.  
Each of us  
also  
oppresses.

This is  
because  
we adapt &  
learn how to  
behave from  
experience;  
hurt people  
hurt people.

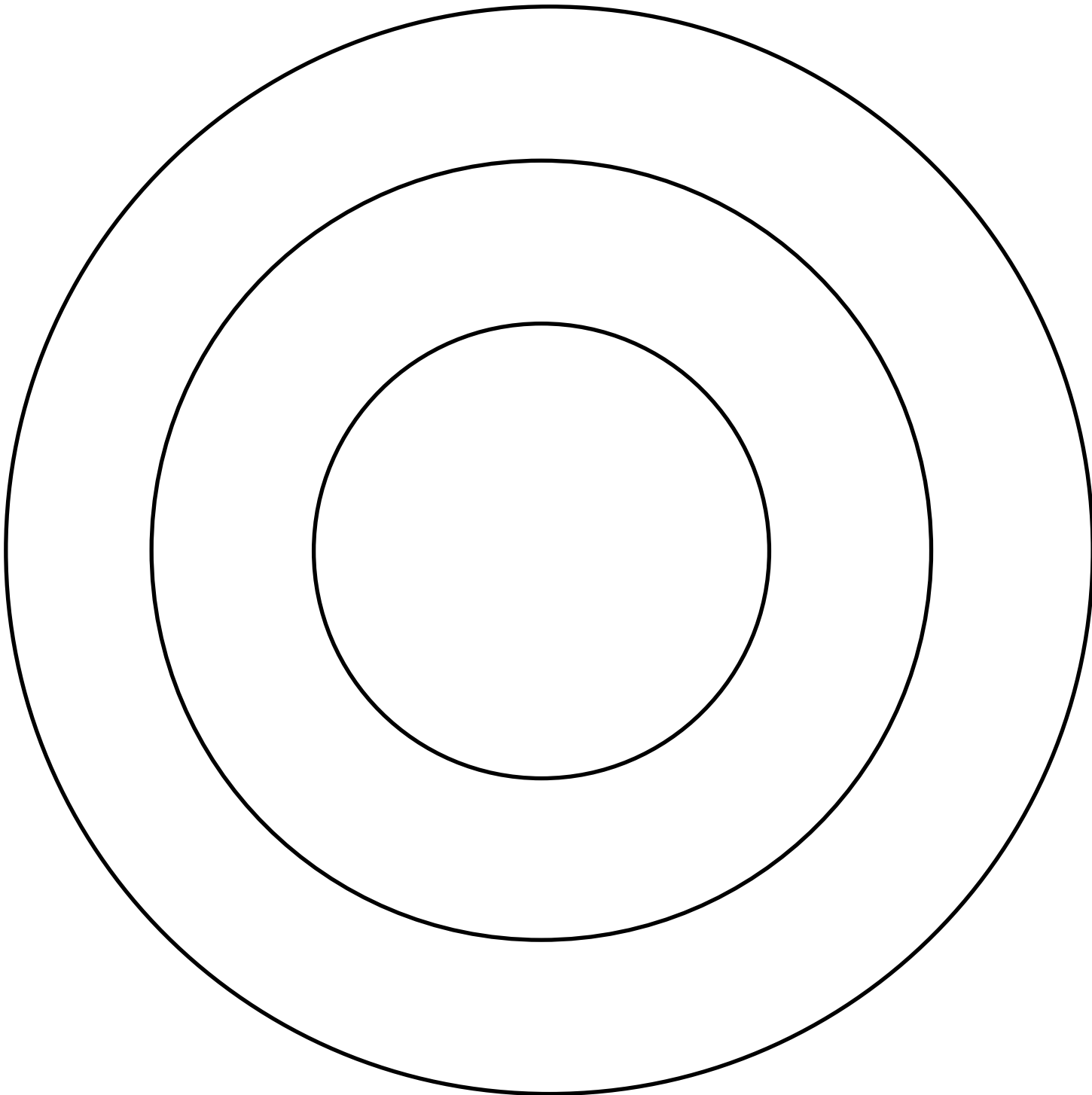


Oppression is any action taken by any  
individual, organization, corporation,  
institution or system that oppresses,  
intentionally or unintentionally.

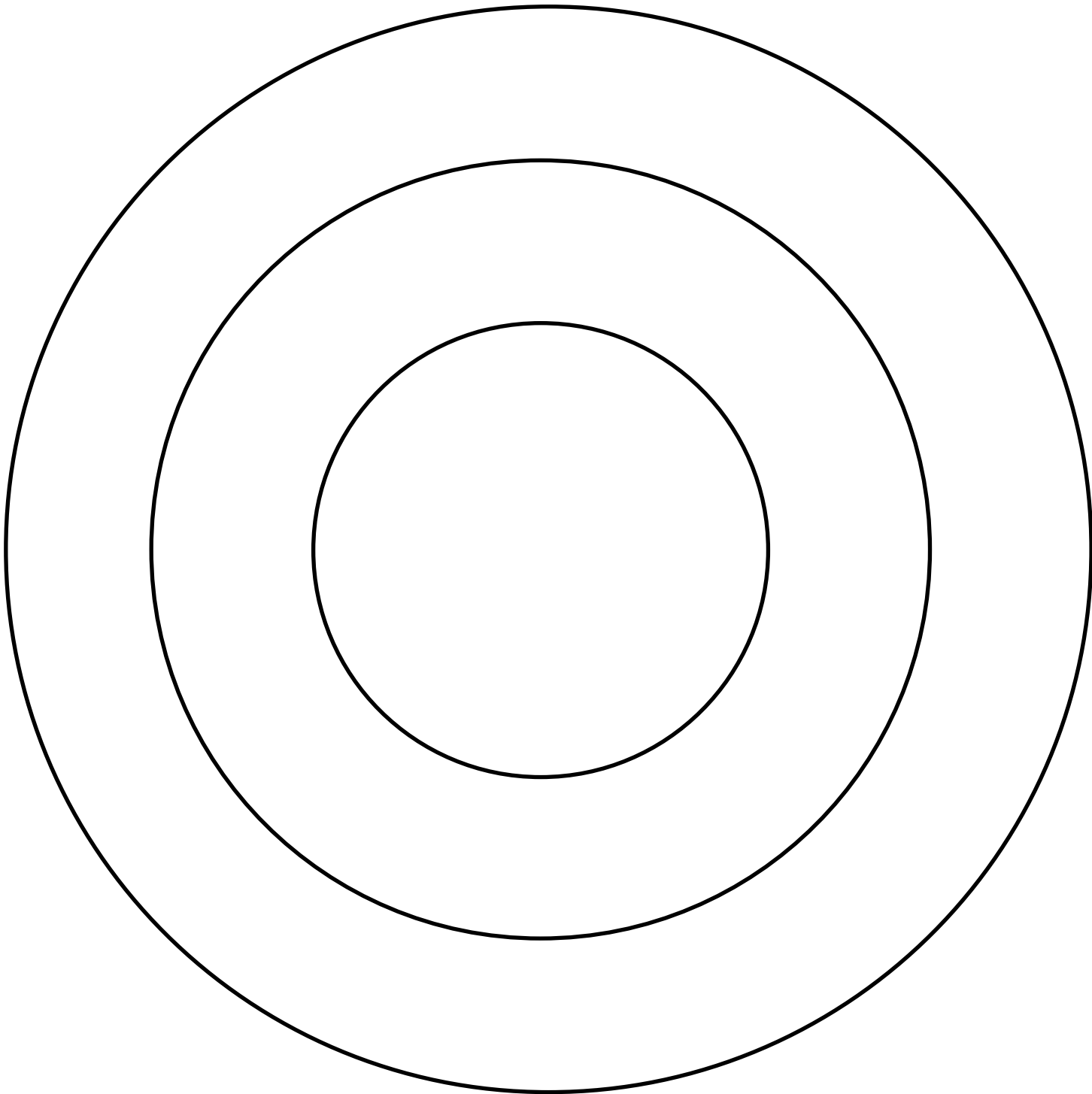
Anti-oppression is a  
generative culture that  
facilitates actions that  
unravel oppression at  
the Personal, Inter  
personal-Community,  
and Institutional-  
Structural layers of  
our lives.

We can learn to live  
Anti-oppression  
lifestyles that heal  
our relationships to  
ourselves, each  
other and the Earth.

**HOW ARE YOU ALREADY PRACTISING ANTI-OPPRESSION?**



**HOW ARE YOU PRACTISING OPPRESSION?**



**HOW ARE YOU IMPACTED BY OPPRESSION?**

