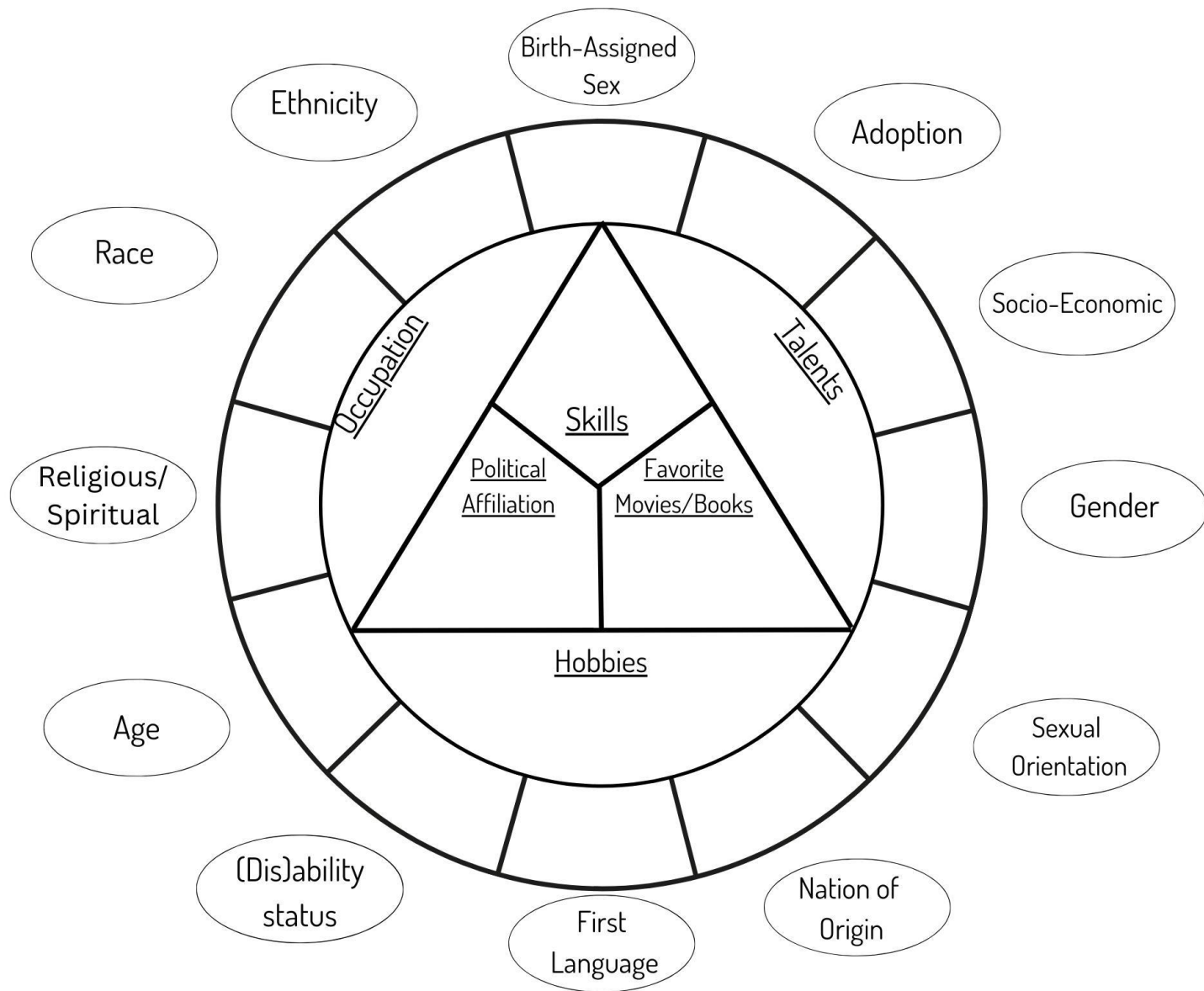


Social Identity Wheel

Adapted from resources developed by the Spectrum Center at the University of Michigan



Social identity groups are based on the physical, social, and mental characteristics of individuals. They are sometimes obvious and clear, sometimes not obvious and unclear, often self-claimed, and frequently ascribed by others. For example, racial groups are often ascribed and self-claimed.

Government, schools, and employers often ask an individual to claim a racial identity group or simply ascribe one to an individual based on visual perception. Other social identities are personally claimed but not often announced or easily visually ascribed such as sexual orientation, religion, or disability status.

Below are examples of social identity groupings.

Example Identity Groups

1. **Gender:** Cis-Woman, Cis-Man, Trans-Woman, Trans-Man, Gender non-Conforming, Post-Gender, etc.
2. **Birth-assigned sex:** Male, Female, Intersex
3. **Sexual Orientation:** Lesbian, Gay, Bisexual, Pan-Attractional, Heterosexual, Queer, Questioning, etc.
4. **Nation of Origin:** United States, Nigeria, Korea, Turkey, Argentina, etc.
5. **First Language:** English, Portuguese, Italian, Mandarin
6. **Race:** Asian, Pacific Islander, Native American, Latinx, Black, White, Bi/Multiracial, etc.
7. **Ethnicity:** Irish, Vietnamese, Puerto Rican, Ghanaian, Mohawk, Jewish, Guatemalan, Lebanese, Scottish, etc.
8. **Religion/Spirituality:** Hindu, Muslim, Buddhist, Jewish, Christian, Agnostic, Faith/Meaning, Atheist, Secular Humanist, etc.
9. **Social Class:** Poor, Working Class, Lower-Middle Class, Upper-Middle Class, etc.
10. **Age:** Child, Young Adult, Middle-Age, Adult, Elderly, Retired, etc.
11. **(Dis)Ability:** People with disabilities (cognitive, physical, emotional, etc.), Temporarily able-bodied, temporarily disabled, etc.