ADDRESSING Framework

Using the ADDRESSING model, you can consider the group memberships and cultural identities of yourself or individuals you come in contact with. Below, see the components of the ADDRESSING model, examples of privileged and oppressed groups within each component, and a space to reflect on your experiences or the experiences of an individual you are working with.

Component of ADDRESSING Framework	Example of privileged identity	Example of oppressed identity	Your reflection (Consider how your/the person's identity related to power and privilege within each domain.)
Age and generational influences	young or middle-aged adults	children, older adults	
Developmental disabilities and other **D**isabilities	person without a disability	person with a disability	
Religion and spirituality	Christian and secular	Muslim, Jewish, Hindu, Buddhist	
Ethnic and racial identity	white Americans	African/Black American, Asian or Asian American, Pacific Islander, Middle Eastern	

Socioeconomic status	upper and middle class	people of lower status by income, housing, access to resources, urban or rural locale, education	
Sexual orientation	heterosexual	people who identify as gay, lesbian, bisexual, or asexual	
Indigenous heritage	descendant of European colonizers	American Indians, Inuit, Alaskan Natives, Native Hawaiians	
National origin	U.S.-born American	immigrants, refugees, international students	
Gender identity	cisgender man	women & transgender people	

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