

Cisgender Privilege List - How many of these statements apply to you?

Based on Peggy McIntosh's *White Privilege: Unpacking the Invisible Knapsack* (1988)

1. I have legal documents that accurately allow me to access resources for housing, health care, and employment without fear of safety or losing what I need.
2. I cannot be legally fired or kicked out of my home because of my gender or sex.
3. I do not need to change the way I look so I don't make others uncomfortable.
4. I can use public restrooms without fear of harassment, assault, or arrest.
5. I have never had to hide or run in/out of a bathroom to avoid being seen.
6. I shop for clothes without fear of being mocked or questioned.
7. I do not have to avoid swimming or working out because the clothing would result in changing who I am in the eyes of others.
8. After giving someone my name I am not asked for my "real name."
9. My parents have never pretended I was not their child to avoid my being outed.
10. My parents have never said they "lost" their child because I came out.
11. I can raise children without state intervention due to my gender and/or sex.
12. I will not be denied as a foster parent based on what my body looks like.
13. I am able to interact with children without fear of being called a predator.
14. I am not told my identity is harmful or contagious.
15. I go through airport security without fear of being humiliated because of my anatomy.
16. I have never pretended to be something I'm not to increase my likelihood of being offered a job, rented an apartment, or accessing a facility like a bathroom or gym.
17. I am able to participate fully in my cultural or spiritual community.
18. I am not afraid or avoid socializing because of how others may perceive my gender.
19. My value as a person is not based on how accurately I look like a man or woman.
20. The validity of my body is not dependent on how many medical procedures I've had.
21. I do not have to omit aspects of my childhood when talking about myself.
22. I can speak to strangers and raise my hand in class without fear of being outed or misread.
23. I am not assumed to be a sex worker because of my looks or what sex I'm believed to be.

Cisgender Privilege List

JAC Stringer - Social Justice Serving the Trans Community

24. Strangers do not ask me about my genitalia or if I am a “real” man or woman.
25. My gender expression does not compromise the legitimacy of my identity or sexual orientation.
26. I have never been told my identity isn’t real or is impossible to exist.
27. My language contains words that define or describe me.
28. I do not feel the need to hide my body in order to be recognized or accepted as who I am.
29. I am not excluded from events on the basis that I am not enough of a woman or a man, or not a woman or a man.
30. I can accept someone’s attraction to me without fear it may result in violence.
31. Potential sexual partners do not require proof of what I am or am not before validating their attraction to me.
32. It is reasonably easy for me to find the kind of identity I date or who dates me.
33. My doctors understand my basic health needs without my teaching them what care I need, how to provide it, and why it is validly necessary.
34. I am not required to be psychologically evaluated in order to access basic medical care and my identity is not used to determine if I am not mentally healthy.
35. My health insurance provider covers my medical needs regardless of my sex or gender.
36. I can see a therapist for any reason without my gender being the ultimate cause.
37. I have never been called “it.”
38. I am not refused my sexual orientation because of what others think I am.
39. I am not the target of a sexual fetish.
40. My partner can share the full of their identity without compromising my safety or the acceptance of our relationship.
41. My partner and I do not feel the need to lie about using a sperm and/or egg donor to protect my identity or so others will see me as my child’s parent.
42. I am referenced by language that properly communicates who I am.
43. I have never been refused access to my own personal information, like at a bank or doctor, because I was not believed to be myself.
44. In movies and TV, my identity is more than a villain, a social outcast, or the butt of jokes.
45. I do not have to choose between being safe and being happy.