

Privilege and Power

Privilege

Advantages, benefits and respect one experiences as a member of a particular social group. Privilege can be the absence of hurdles to overcome to reach a certain outcome.

Factors

- socioeconomic status
- physical strength
- cultural group
- religion
- representation (power in numbers)
- gender
- social norms
- education
- sexuality

Impact

Privilege is usually invisible to those who have it. However, by one group being advantaged, another group can experience disadvantage. This results in their voices not being heard and less opportunities being available to them.

How can you use your privilege in a positive way?

Power

Power means having the ability to influence or control people or events. For a relationship to be healthy, power needs to be evenly shared. When one person has more power in a relationship, it gives them the ability to control the decisions of the other person.

What power do I have?

When someone has power over you in a relationship you will still hold some power. Use your power to decide:

- Where you meet them
- Who comes with you
- Tell someone about it
- Tell someone where you are
- Have an exit strategy
- Have a safe place away from them



**RISE
ABOVE**

Relationships Australia.
SOUTH AUSTRALIA