



Welcome!

Community Advocacy Training: Anti Oppression

Wednesday, June 18, 2025

Welcome Back!

- 1. Check-in: How are you feeling?
- 2. Icebreaker: What’s a good piece of advice that you’ve been given?
What’s your favourite summer snack?

3. Agenda:

Time	Topic	Presenter
9:30am – 9:55am	Welcome & introductions	Chelsey Edwards, PTF
9:55am – 10:30am	Anti-Oppression Training Part 1	Chelsey Edwards
10:30am – 10:45am	BREAK (15 mins)	
10:45am – 11:30am	Anti-Oppression Training Part 2	Chelsey Edwards, PTF Staff
11:30am – 12:15pm	Advocacy and Anti-Oppression in Action	Work Session Together
12:15pm – 12:25pm	Wind in Your Sails	
11:55am – 12:00pm	Closing	Chelsey Edwards PTF

Group Norms

GROUP NORMS

- Feel safe to be open and honest – encourage open communication
 - This is a welcoming and inclusive space
 - This is a supportive and nonjudgmental space
 - Show appreciation for what is shared and for the people in the room
 - Be mindful of ways we might unintentionally cause harm
 - Take accountability for your actions
 - It's okay to make mistakes
 - People show up in different ways
 - Respect confidentiality – your story is yours to share
 - You can start one way and change as you go
 - Be mindful of phone use
 - Move forward, move back
 - Stay open-minded
 - Remain patient with others' learning
- PAT:** Patience, Acceptance, Tolerance
- Use “I” statements
 - Commit to learning, unlearning, and relearning



SOMETIMES YOU'RE A CATERPILLAR



ANIMATED
by
KAT BLAQUE



WRITTEN
BY
CHESCALEIGH

Our Differences Are Important to Recognize

- Everyone is going through their own experience of life – each journey is unique and important
- When advocating with your story remember everyone has a story of their own
- Individual differences change the way you interact with system and society
- Barriers will impact people in different ways personally
- When identifying barriers for advocacy, it is important to recognize individual experiences

Root causes of poverty

To eliminate poverty we must address root causes.

Root causes to poverty frequently include systemic barriers and oppressive systems.

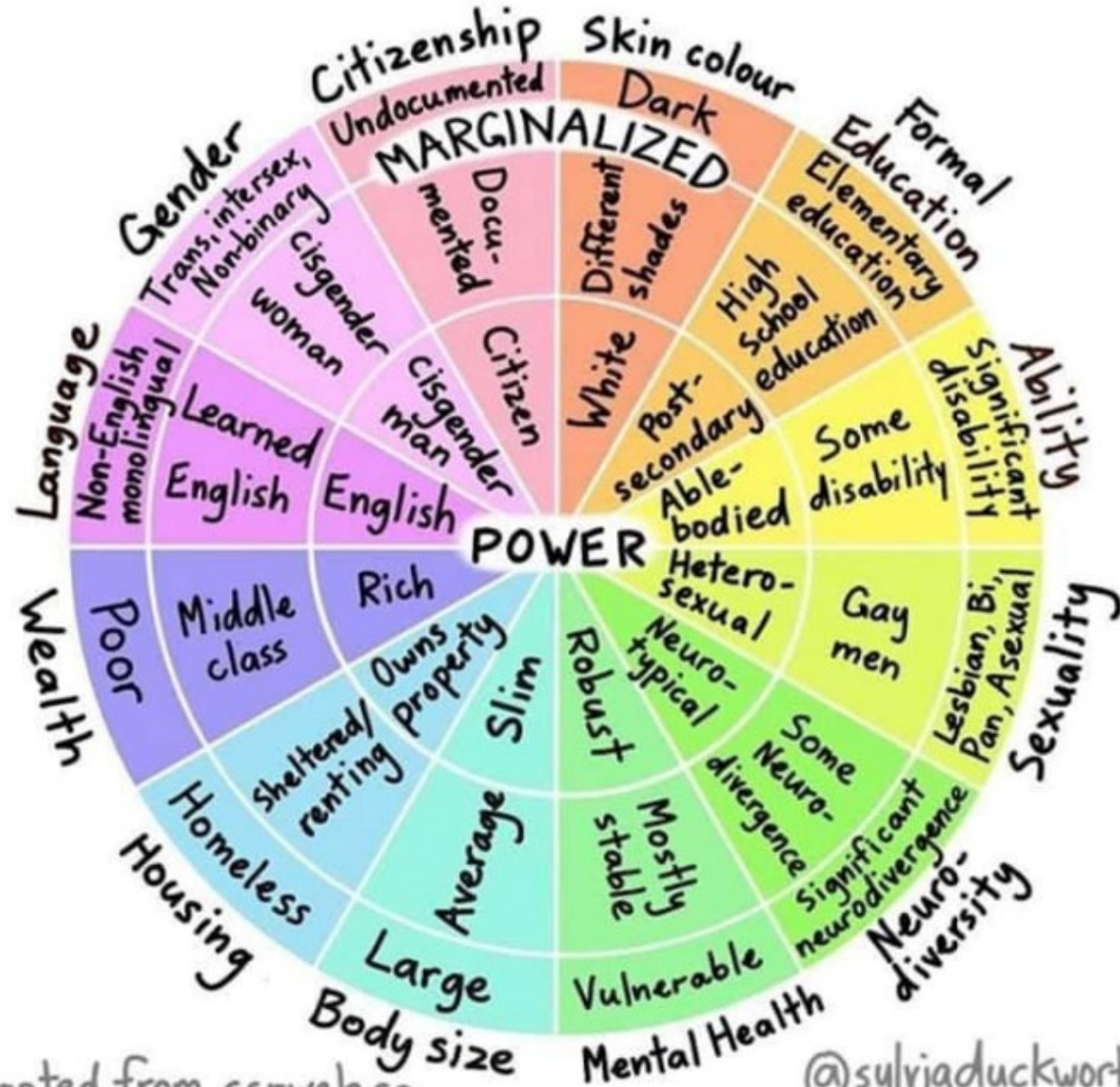
Oppression is present when a group of people with similar characteristics are exposed to unfair and unjust treatment by those who have more privilege and power.

- *Systemic barriers* (e.g. eligibility criteria, low wages, waitlists)
- *Colonization & systemic oppression* (e.g. racism, sexism, classism)
- *Policy* (e.g. universal healthcare gaps, minimum wage, social assistance)

Poverty is not rooted in personal failings or poor choices.



WHEEL OF POWER/PRIVILEGE



Adapted from ccrweb.ca

@sylviaduckworth

Break



Let's take
a break!

Kindness is the
gift of life.

The Four I's of Oppression

- **Ideological:** A system of beliefs or ideas a person or group has
- **Institutional:** Using the laws, the legal system, the education system, public policy, media, political power, etc... to maintain ideology
- **Interpersonal:** The idea that one group is better than another and has the right to dominate/control the other
- **Internalized:** The oppressor doesn't have to exert any more pressure, because we now do it to ourselves and each other

FOUR I'S OF OPPRESSION

IDEOLOGICAL



cultural beliefs
values, norms,
ideas and
assumptions- often
unexamined

INTERPERSONAL



actions,
language &
behaviors that
show up in
relationship

INSTITUTIONAL



policies,
procedures,
structural &
systems: laws,
healthcare,
education, etc

INTERNALIZED

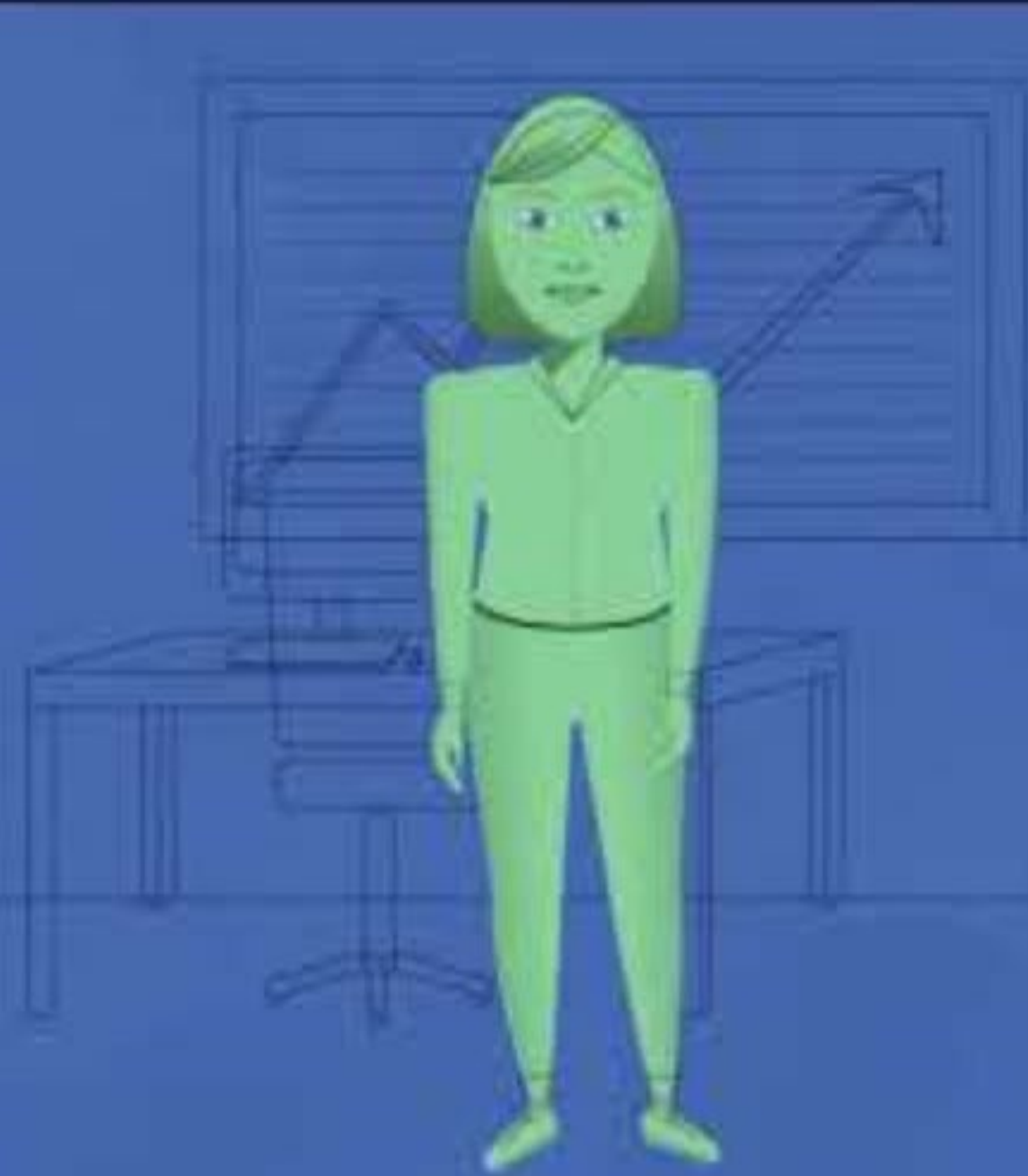


beliefs, thoughts, &
feelings about
ourselves that can
have a 'positive',
'negative' or
'neutral' tint

Working towards racial equity & our collective liberation from all forms of oppression involves examining and creating change in all these spaces.

Every Person is a Star





Intersectionality in Advocacy

- Intersectionality describes how our overlapping identities and lived experiences impact the way people experience oppression
- Intersectionality understands that race, class, gender, sexual orientation, age, ethnicity, religion, disability, and all the other different parts of a person identity changes their experiences in life.
- Taking an intersectional approach to advocacy creates space for all community members to share the true impact of oppression in their life.
- ‘Nothing about us, without us’ is the approach the PTF takes when advocating on issues of poverty

Our upstream approaches are distinct from responding to immediate and individual needs:



Centre intersectional lived experience



Engage in meaningful relationships



Be evidence informed



Apply systems thinking



Identify root causes and be solution focused



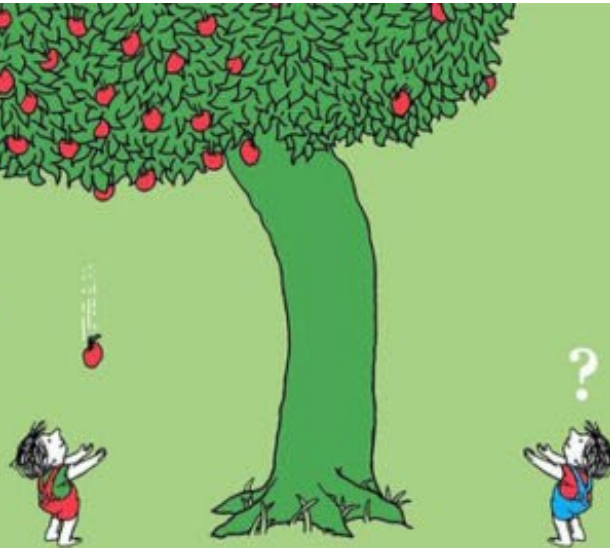
Advocate for policy and system change

- “NOTHING ABOUT US
WITHOUT US”



Inequality

Unequal access to opportunities



Equality?

Evenly distributed tools & resources



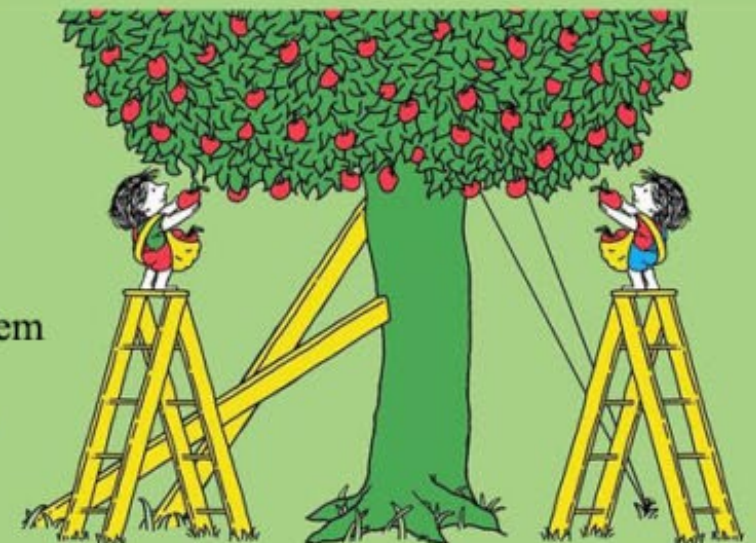
Equity

Custom tools that identify & address inequality



Justice

Fixing the system to offer equal access to both tools & opportunities



We're going to listen to an excerpt from Storied Lives together to hear about an intersectional experience.

We'll share responses in the large group.

Wind in Your Sails



Think of what can
motivate you with
writing your story
over the next week

Thank you!

Thank you for coming!

Next week...

We will be putting our learning into action! We will be in the Lions Room!

Please make sure to have your lunch orders to me by tomorrow (Thursday 19th) to ensure you get your selection

Our session will go to 1:30 pm next week!