

“Intersectionality”

People are not a simple, one-dimensional group. Many identity factors intersect and interact to impact how each of us understands and experiences the world around us.

#WordsMatter

Enhancing Mental Health Literacy

Heber A, Testa V, Groll D, Ritchie K, Tam-Seto L, Mulligan A, Sullo E, Schick A, Bose E, Jabbari Y, Lopes J, Carleton RN. Glossary of terms: A shared understanding of the common terms used to describe psychological trauma, version 3.0. Health Promot Chronic Dis Prev Can. 2023;43(10/11). <https://doi.org/10.24095/hpcdp.43.10/11.09>

Photo: Combat Camera - <http://www.combatcamera.forces.gc.ca/>



“Intersectionality”

The term intersectionality was coined in 1989 by civil rights activist Kimberlé Crenshaw to explain how race interacts with sex and/or gender and other factors to create barriers for Black women.

Today, intersectionality is considered more broadly as a framework for understanding how aspects of a person’s identity combine to create different modes of discrimination and privilege.

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“Intersectionality”

Identity factors include:

- *ethnicity*
- *religion*
- *age*
- *physical and cognitive ability*
- *sex*
- *gender identity*
- *sexual orientation*
- *socioeconomic status*

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“Intersectionality”

Intersectionality recognizes the multiple aspects of an individual’s identity that influence their experiences.

By reflecting on our own identities, their intersections, and practice being mindful we can become better allies for marginalized groups or better able to articulate our own experience.

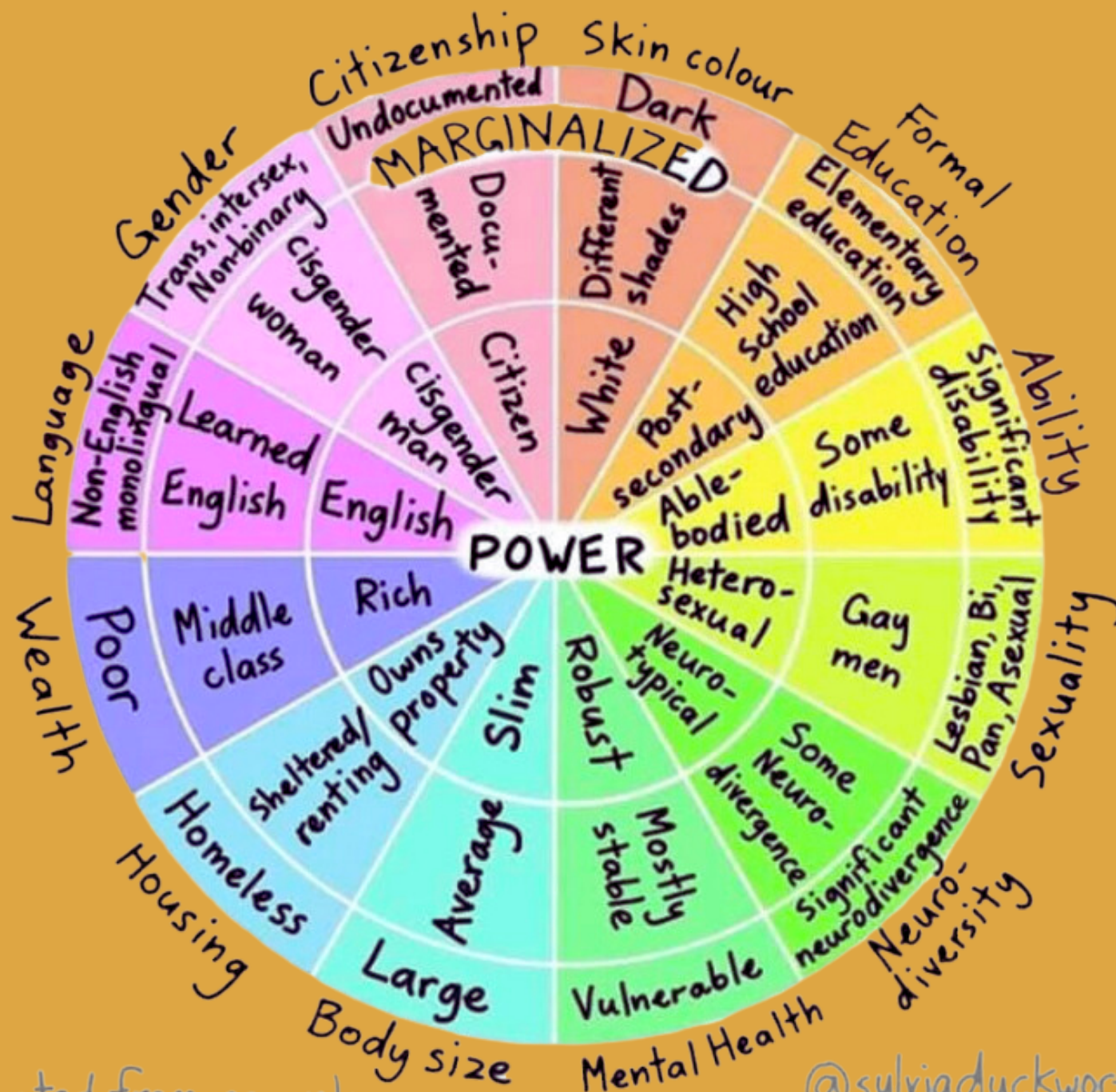
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University of British Columbia. <https://vpfo.ubc.ca/2021/03/intersectionality-what-is-it-and-why-it-matters/>

WHEEL OF POWER/PRIVILEGE



This wheel serves as a simplified tool for reflecting on the many overlapping identities and systems of power that influence us.

Reflect on how your societal roles contribute to your advantages. Which aspects resonate with your experiences? Which forms of advantage are absent from the diagram? How are your colleagues' identities depicted within this framework?



Glossary of Terms

Background

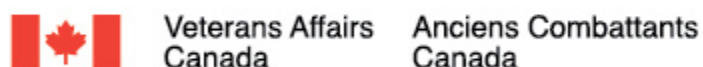
The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and other stressors.

The initial iteration of the glossary was intended to:

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and,
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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