

# Spectrum of Power

Internalizing Health Equity

PREVENTION LEVEL

Co - Liberation Tertiary	Making a personal and institutional commitment to addressing long term Impact and aim to repair long term consequences of institutional oppression. (Racism, Sexism, Classism, Ablism etc.)				
Co - Conspire Secondary	Creating accountable partnerships with oppressed communities to continue assessing the root causes and aim to reduce impact and symptoms of institutional oppression.				
Allyship Primary	Taking personal responsibility for preventing exposure to multiple forms of oppression in their daily life and role at work.				
Solidarity Primordial	Identifying there is a serious institutional and historical system of oppression and aligns themselves in mutual support of addressing injustice.				
Apathetic Anosognosia	Is in denial of current or past systemic oppression and injustice, showing or feeling no interest, enthusiasm, or concern for those impacted, including themselves.				
	INDIVIDUAL	INTERPERSONAL	ORGANIZATION	COMMUNITY	Public Policy

INTERVENTION LEVEL