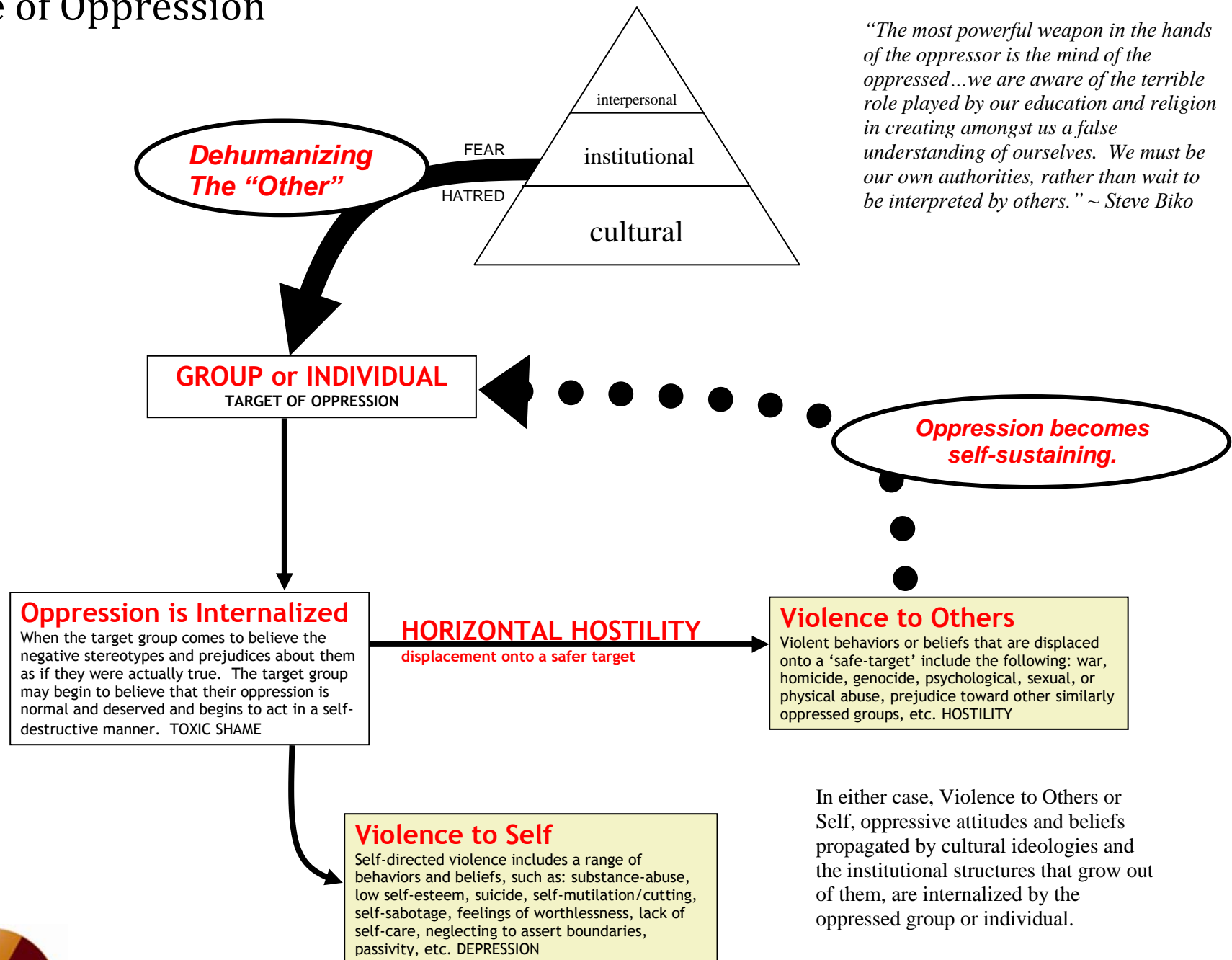


Cycle of Oppression



"The most powerful weapon in the hands of the oppressor is the mind of the oppressed...we are aware of the terrible role played by our education and religion in creating amongst us a false understanding of ourselves. We must be our own authorities, rather than wait to be interpreted by others." ~ Steve Biko

In either case, Violence to Others or Self, oppressive attitudes and beliefs propagated by cultural ideologies and the institutional structures that grow out of them, are internalized by the oppressed group or individual.

Diagram Developed by Amal Kouttab, MA RDT
San Francisco Women Against Rape (SFWAR)

