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## What is a 'Privilege Walk' and What Can It Teach Us?

The 'privilege walk' is a technique that demonstrates to a group of people the differences in their privilege and social positions by asking them to take steps forward or backward depending on their responses to certain statements, like 'if your parents had to work more than one job to support you, take a step back' or 'if you can go shopping and feel confident you won't be followed by suspicious staff, take a step forward.'

It's a way of simply showing the advantages and disadvantages afforded to different people, and helping members of the group understand more about the challenges faced by themselves and their peers.

Cultural Awareness experts Aunty Munya Andrews and Carla Rogers say the exercise, while not without controversy and criticism, is one of the most consistently rewarding and powerful parts of their work with businesses and organisations.

They have adapted the technique to visually demonstrate the gap that exists between non-Indigenous and Indigenous Australians.

*"[The privilege walk] is not intended to belittle, ridicule or make anyone feel guilty or ashamed of his or her privilege or lack thereof," says Andrews. "By revealing our various privileges, we can begin to see ways in which we can use our individual and collective privileges to work for social justice and the betterment of all."*

*"Understanding my privilege is the most practical thing I can do as a non-Indigenous person to support others and be an ally," says Rogers. "As guilt or shame is the #1 enemy of allyship we do the 'privilege walk' in our programs in a way that is relevant, safe, empowering and inspiring".*

While undeniably challenging for participants at the time, they say the feedback is consistently positive once the exercise is complete, and can talk to why it carries so much power.

You can read more [here](#) and [here](#).

**Munya Andrews and Carla Rogers are available to discuss the 'Privilege Walk'.**

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