

# EMPATHY

Understanding or feeling how another person or a group feels.



**vocabulary**



## **DOMINANCE**

The exercise of control or influence over others.



**vocabulary**



## OPPRESSION

A situation in which people are treated in an unfair and cruel way and prevented from having opportunities and freedom.



**vocabulary**



## VIOLENCE

Intentional use of physical force and/or emotional abuse that has the consequence to hurt or damage.



**vocabulary**





## DISSOCIATION

A mental process leading a person to disconnect from themselves and reality as a mean to protect themselves (especially in case of violence).



**vocabulary**



## DENIAL

The (conscious) refusal to see the reality of a situation.



**vocabulary**



## CONSENT

To give someone permission voluntarily and freely through an explicit yes.



**vocabulary**



## RAPE

Rape is a (penetrative) sexual assault committed without the victim's explicit consent.



**vocabulary**





## HARASSMENT

Behaviour that causes suffering, humiliation, through repeated unwanted contacts, actions or offensive language.



**vocabulary**



## SEXUAL HARASSMENT

Inappropriate sexual remarks  
or physical contact.



**vocabulary**



## FEMINICIDE

The killing of women and girls because they are women and girls (by the opposite gender).



**vocabulary**



## DISCRIMINATION

Any unfair treatment based on a person's race, sex, religion, nationality, ethnic origin, sexual orientation, disability, age, language, social origin or any other social distinction's criteria.



**vocabulary**





## GENDER BINARY

The concept that there are only two genders, male and female.



**vocabulary**



## GENDER NONBINARY

A concept that identifies gender, not as a part of the gender binary system, but as a larger spectrum.



**vocabulary**



## INTERSECTIONALITY

How a person's race, gender, class and other factors interact to shape or amplify discrimination.



**vocabulary**



## INCLUSIVITY

Treating people of many different types, gender, race, disability, sexuality etc. fairly and equally.



**vocabulary**





## DIVERSITY

Recognize individuality as much as what people have in common.



**vocabulary**



## SEXISM

Belief that men are superior to women, which can lead to prejudice, discrimination, violence, and other disadvantages.



**vocabulary**



## RACISM

Belief of superiority of one race or group of people over the other, which can lead to prejudice, discrimination, violence, and other disadvantages.



**vocabulary**



## STEREOTYPES

Generalized and exaggerated beliefs toward a particular group.



**vocabulary**





## PREJUDICE

Negative feelings, thoughts, and attitude toward a group.



**vocabulary**



## BELIEFS

Something considered to be true and held as an opinion.



**vocabulary**



## VICTIM

A person who has suffered a physical and/or mental injury. Victim is also a legal term for a person having been recognized by a court as having suffered an illegal act from an offender.





## OFFENDER

A person convicted of committing a crime or offense.



**vocabulary**





## WITNESS

A person who sees an accident or event and could testify.



**vocabulary**



## BULLY

A person who is habitually cruel and threatening with the intent to hurt either physically or mentally.



**vocabulary**



## EXHIBITIONISM

A person who behaves in such a way as to attract attention. Can also mean the compulsive display of one's genitals without consent.



**vocabulary**



## RAPE CULTURE

A society where sexual violence is normalized and where “no” doesn’t mean “no”.



**vocabulary**





## CONSENT CULTURE

An environment which promotes open communication between partners and the respect of each other's boundaries." Yes" means "yes" and "no" means "no".



**vocabulary**



## CHOICE

The ability (and privilege) to freely choose between two or more alternatives.



**vocabulary**



## INTENTION

An idea, a will, that one intends to carry out.



**vocabulary**



## MENTAL LOAD

The amount of time and energy required to manage one's many tasks and problems.



**vocabulary**





## NEURODIVERSITY

The differences in the way people's brain functions.



**vocabulary**



## ACCEPTANCE

To include and value a person within a group with that person's consent.



**vocabulary**



## ISOLATION

The type of solitude that is neither desired nor healthy.



**vocabulary**



## MICRO- AGGRESSIONS

Subtle but intentional interactions with a person to make them feel bad about themselves. Microaggressions can also be unintentional but prompted by bias.



**vocabulary**





## VALUES

Individual beliefs about what matters, what is right or wrong, that guide a person through life.



**vocabulary**



## POWER

The ability to control or influence something or someone.



**vocabulary**

