

WHAT IS SOCIAL JUSTICE?

Social justice is a catch all term for combatting social injustice and social inequities. Social justice is diversity, equity, and inclusion understandings and working towards change for the benefit of society. It is inclusive of racial justice, sexuality justice, environmental justice, etc.



Social justice has been described as “both a process and a goal” with the goal being “full and equal participation of all groups in a society that is mutually shaped to meet their needs” (Bell, 1997, pg. 3).

Everybody experiences some form of privilege and some form of marginalization. Social justice at its core addresses how people are treated in harmful ways and involves two main areas of focus: Consciousness Raising and Praxis. Consciousness raising is becoming more aware of existing social inequities, while Praxis is taking action to alleviate and address social inequities. It is working with ideas of community and collective action in mind.

HOW CAN I PRACTICE SOCIAL JUSTICE?



- Become more informed people experience marginalization
- Examine your own identity and experiences of privilege
- Join and participate with existing groups/organizations
- Identifying and counteract bias and stereotyping
- Notice how your identity informs your attitudes, behaviors, perceptions
- Examine what barriers people experience and work to eliminate barriers

SAMPLE BOOKS/READINGS

- [Yoga for Social Justice: Developing Anti-Oppressive Tools for Change through Yoga, by Valin S. Jordan](#)
- [Is Everyone Really Equal? By Robin DiAngelo](#)