

Analyzing Sources Using *The 4 I's of Oppression*
UCLA History-Geography Project

This handout is based on the [*4 I's of Oppression*](#) framework developed by John Bell, which helps us better understand how oppression operates across different levels of society. Rather than seeing oppression as only individual acts or isolated events, this framework allows us to examine how power, inequality, and injustice function through multiple, interconnected systems.

The 4 I's include:

1. **Ideological Oppression:** The core beliefs and ideas that one group is superior to another.
2. **Institutional Oppression:** The way these ideas are embedded in laws, policies, institutions, and systems.
3. **Interpersonal Oppression:** The ways oppression shows up between people in their daily interactions, behaviors, and language.
4. **Internalized Oppression:** When individuals absorb and accept oppressive ideas and apply them to themselves or others within their own group.

As we analyze historical sources, we will use this framework to identify and collect evidence of oppression at these different levels. This approach allows us to deepen our understanding of how oppression has been constructed, maintained, and challenged over time.

In the graphic organizer that follows, you will:

- Identify the source you are analyzing.
- Apply the 4 I's framework to identify examples of oppression.
- Record specific evidence from the source to support your analysis.
- Reflect on moments of resistance, hope, and joy demonstrated by individuals and communities.
 - Acts of Resistance: Identify actions, attitudes, and examples where individuals or groups resisted oppression.
 - Expressions of Joy:

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Inquiry Question:

Source	<i>4 I's of Oppression Analysis</i>	Evidence
<i>Who is the author or artist? What type of source is this? When was the source written or created?</i>	<i>Identify and describe any instances of Ideological, Institutional, Interpersonal, or Internalized Oppression.</i>	<i>Record quotes, events, or descriptions that really show the instances of oppression you described.</i>
Examples of: Resistance, Hope, and Joy		
Reflection: The World, Your Community, Your Self [directions]		