The concept of the 8 White Identities has been developed by Barnor Hesse, an Associate Professor of African American Studies, Political Science and Sociology at Northwestern University. According to Hesse, ‘there is a regime of whiteness, and there are action-oriented white identities’. He breaks these down into eight, from White Supremacist to White Abolitionist.

How can we all become White Abolitionists willing to step in the way of racism when possible? How can we begin to work against systems of oppression, rather than seeing racism as individual actions? Finally, how can we raise awareness about injustice and abuse and contribute to reforming damaging structures that make abuse more likely?

According to Hesse, the process of embodying anti-racism begins with examining our own identities. A newly defined sense of self can help energise our efforts to confront racism and oppression in daily life and consistently express anti-racist behaviours and attitudes.