**A picture containing shape

Description automatically generated*Part 2: Institutions***

**Policy as Institutional Decision-making**

**Log it!**The experiences of our everyday lives, whether mundane or life-changing in their significance, are mediated by the policies of the many institutions with which we interact. Consider how your day yesterday began, progressed, and ended. Record your general activity below as a time-stamped log, and then generate a list of various policies associated with institutions that influenced each event. For example, if you went to work and were paid minimum wage for that labour, that is the result of governmental valuation of your labour, codified as its policy – or regulation – on wages (that’s the *Employment Standards Act* if you live in British Columbia, for example). Reflect on the values that underpinned the policies; in particular, try to relate these values to the broad social inequalities and forms of oppression that we are interested in.

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| **Time** | **Activity** | **Influencing Policies** | **Values** |
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