Most of us are familiar with the idea that we should respect ourselves. I’ve argued that this duty of self-respect means that people who are oppressed have a duty to resist their oppression. But what happens when this duty of self-respecting resistance comes into conflict with other duties you have—say, the duty to cultivate solidarity with other members of your oppressed group? I’ll argue that in addition to its more familiar harms, oppression can harm you by imposing certain kinds of moral dilemmas, placing its victims in unfair situations where it’s impossible to fulfill their multiple competing commitments. Oppression has been famously described as like being caught in a birdcage, as being trapped, constrained, closed in on all sides. What I want to suggest is that in some cases oppression is better thought of as akin to a rack—a torture device that rips its victims apart by pulling their limbs in opposite directions.

**CAROL HAY**

is an Associate Professor of Philosophy at the University of Massachusetts Lowell. Her main research focuses on ethics, social and political philosophy, and feminist theory. She has put forth groundbreaking ideas on the nature of oppression that have earned her acclaim in the philosophical community and beyond. Among other places, Professor Hay has published in Hypathia, The Journal of Social Philosophy, The Canadian Philosophical Review, Aeon Magazine, and the New York Times. For her book Kantianism, Liberalism, & Feminism: Resisting Oppression she won the 2015 Gregory Kavka/UCI Prize in Political Philosophy.

**THURSDAY, FEBRUARY 11 4:30PM**

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