UNDERSTANDING RACISM

We Are All Unique



Everyone has the right to be treated fairly and equally.
We all have a responsibility to make sure this happens.
We also have a responsibility to challenge discrimination.
We should all reflect on how our words and actions impact other people.

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How Might Someone Discriminate Against Another Because of Their Race?

- saying mean things to someone because of their skin colour
- leaving someone out of games or not letting them join in because of their skin colour
- unfairly blaming or accusing someone of something because of their race
- making fun of someone because of the customs and traditions they practice
- making fun of someone because of their language or accent
- being **prejudiced** against someone because of their race

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What Can We Do to Help Eliminate Racial Discrimination?

- recognize that we are all equal and deserve the same rights and treatment, no matter our accent, the language we speak, the place we are from, or the colour of our skin
- make sure everyone feels included and welcome
- encourage people to tell someone if they feel they are being racially discriminated against
- have conversations about how racial discrimination affects you or your friends
- be aware of our own prejudices and make an effort to change them
- **If you think you see racism happening, tell a responsible adult and get help.**

UNDERSTANDING RACISM

What Does It Mean to Be Race-Conscious?

Being race-conscious is a way to make sure everyone is treated fairly.
How can we be race-conscious?

Talk to your friends and family about race and racial inequality.

Be aware of racism, where it occurs, how people speak to and about others, and how they treat them, depending on their race.

Make sure that when you talk about race, you are using the appropriate words.

Research information carefully to make sure it is true.

