

RACISM

RACISM(E)

WHAT IS RACISM?

- RACISM TAKES MANY FORMS AND CAN HAPPEN IN MANY PLACES. IT INCLUDES DISCRIMINATION OR HATRED DIRECTED AT SOMEONE BECAUSE OF THEIR COLOR, ETHNICITY OR NATIONAL ORIGIN.

HOW RACISM CAN AFFECT SOMEONE?

- IT CAN IMPACT YOUR MOOD AND IF IT HAPPENS OFTEN ENOUGH, THIS CAN NEGATIVELY AFFECT YOUR SELF-ESTEEM AND CONFIDENCE.
- RACISM CAN MAKE PEOPLE OF DIFFERENT ETHNIC GROUPS FEEL UNWELCOME AND ISOLATED, AND MAY EVEN AFFECT THEIR OPPORTUNITIES TO STUDY, WORK AND SOCIALIZE.

HOW TO PUT AN END TO RACISM?

- CELEBRATE OTHER CULTURES
- INVITE PARTICIPANTS FROM DIFFERENT REGIONS TO THE EVENTS YOU HOLD.
- AVOID BEING ABD

