

Racism

Racism is where someone thinks you are inferior because of your colour, ethnicity, nationality or race. This can result in them treating you differently or unfairly, this is called racial discrimination.

Racism takes many forms and can happen in many places. It includes prejudice, discrimination or hatred directed at someone because of his or her colour, ethnicity or national origin.

People often associate racism with acts of abuse or harassment. However, it doesn't need to involve violent or intimidating behaviour. Take racial name-calling and jokes. Alternatively, consider situations when people may be excluded from groups or activities because of where they come from.

Racism can be revealed through people's actions as well as their attitudes. It can also be reflected in systems and institutions, but sometimes it may not be revealed at all. Not all racism is obvious. For example, someone may look through a list of job applicants and decide not to interview people with certain surnames.

Racism is more than just words, beliefs and actions. It includes all the barriers that prevent people from enjoying dignity and equality because of their race.

Being treated differently or unfairly because of our race, skin colour or ethnicity can negatively affect our mental health.

Racism can happen anywhere. It can happen at school, at work, or at home; it can happen online or outside; it can even happen within families and relationships. Sometimes racist abuse is obvious - verbal abuse about the way someone looks, stereotypes about how someone might behave, or physical violence and bullying. Sometimes racism is part of the structures and systems that we live in. Sometimes racism is 'subtle' and difficult for other people to notice.

You hear it when people:

- make "jokes" or negative comments about a particular ethnic group
- call others racist names or verbally abuse them
- bully, hassle or intimidate others because of their race. You see it when people:
- write racist graffiti in public places
- make offensive comments online
- are excluded from groups because they're "different" or "don't belong"
- are physically abused because of their race.

How to help other people

If you see or hear racism, racial bullying or discrimination there are ways that you can help.

- Support the person it's happening to and tell them it's wrong
- Report what you see and hear if you feel safe to, or call 999 in an emergency
- Speak out if it's safe to. Stay calm and be assertive. You could say that you don't agree with racist comments or jokes

Resources:

Understanding race and racism

Addressing Inclusion: Effectively challenging racism in schools

Racial terms for teens

Racism and Mental Health

<https://www.youngminds.org.uk/young-person/coping-with-life/racism-and-mental-health?>

Racism and Racial Bullying

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>