



# RACISM

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## WHAT IS RACISM

Racism is discrimination and prejudice of other people based on their race or ethnicity

## WHY IS IT BAD FOR US

racism has had huge psychological effects on young people who experience it, such as: constant feelings of sadness, anger, depression and withdrawal



HOW DOES IT EFFECT US



- Unfair treatment and microaggressions at work, excessive discipline in schools, prejudice and discrimination in everyday life can cause the following mental health problems:
- Depression
- Stress
- emotional distress
- Worry
- post-traumatic stress
- disorder suicidal thoughts
- Even the fear of racism can be harmful,



# HOW TO AVOID RACISM

- One of the first steps to eliminate racism is learning to recognize and understand your own privilege. Racial privilege plays out across social, political, economic, and cultural environments. Checking your privilege and using your privilege to dismantle systemic racism are two ways to begin this complex process.
- What messages did you receive as a kid about people who are different from you? What was the racial and/or ethnic make-up of your neighborhood, school, or religious community? Why do you think that was the case? These experiences produce and reinforce bias, stereotypes, and prejudice, which can lead to discrimination. Examining our own biases can help us work to ensure equality for all.
- Another way to address bias and recognize privilege is to support the experiences of other people and engage in tough conversations about race and injustice. We cannot be afraid to discuss oppression and discrimination for fear of “getting it wrong.”



HOW CAN WE  
STOP RACISM

If you see racist behavior you can:

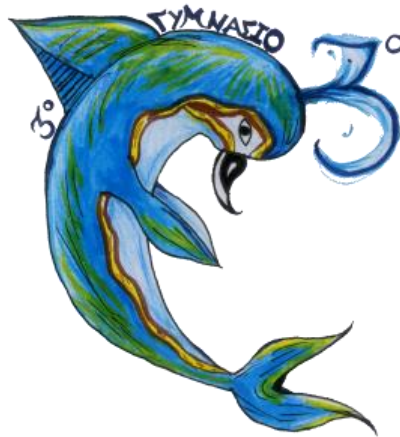
- Speak up - call it racism, let the perpetrator know it's not acceptable Support the victim
- stand next to the person being targeted and ask if they are okay Get evidence
- record the incident on your phone, take a picture of the perpetrator and report it to the authorities





# Links to related articles

- <https://en.wikipedia.org/wiki/Racism>
- <https://humanrights.gov.au/our-work/education/why-racism-problem>
- [https://nnedv.org/latest update/8-everyday-ways-to-fight-racism/](https://nnedv.org/latest_update/8-everyday-ways-to-fight-racism/)
- <https://www.stophateuk.org/2022/10/17/how-racism-affects-health-and-wellbeing/>



# Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.