



WOW Pack

Racism and Diversity

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Racism and diversity

Match the word to the definition

Prejudice

The defining of people according to a variety of factors including the kind of jobs they do, the money they earn, the neighbourhood they live in and their position in society.

Discrimination

The defining of people according to a variety of factors such as language, culture and physical characteristics.

Stereotyping

The act of treating someone unfairly because of their race.

Racism

Assuming that everyone in a particular group is the same.

Race

The act of judging someone before you know them.

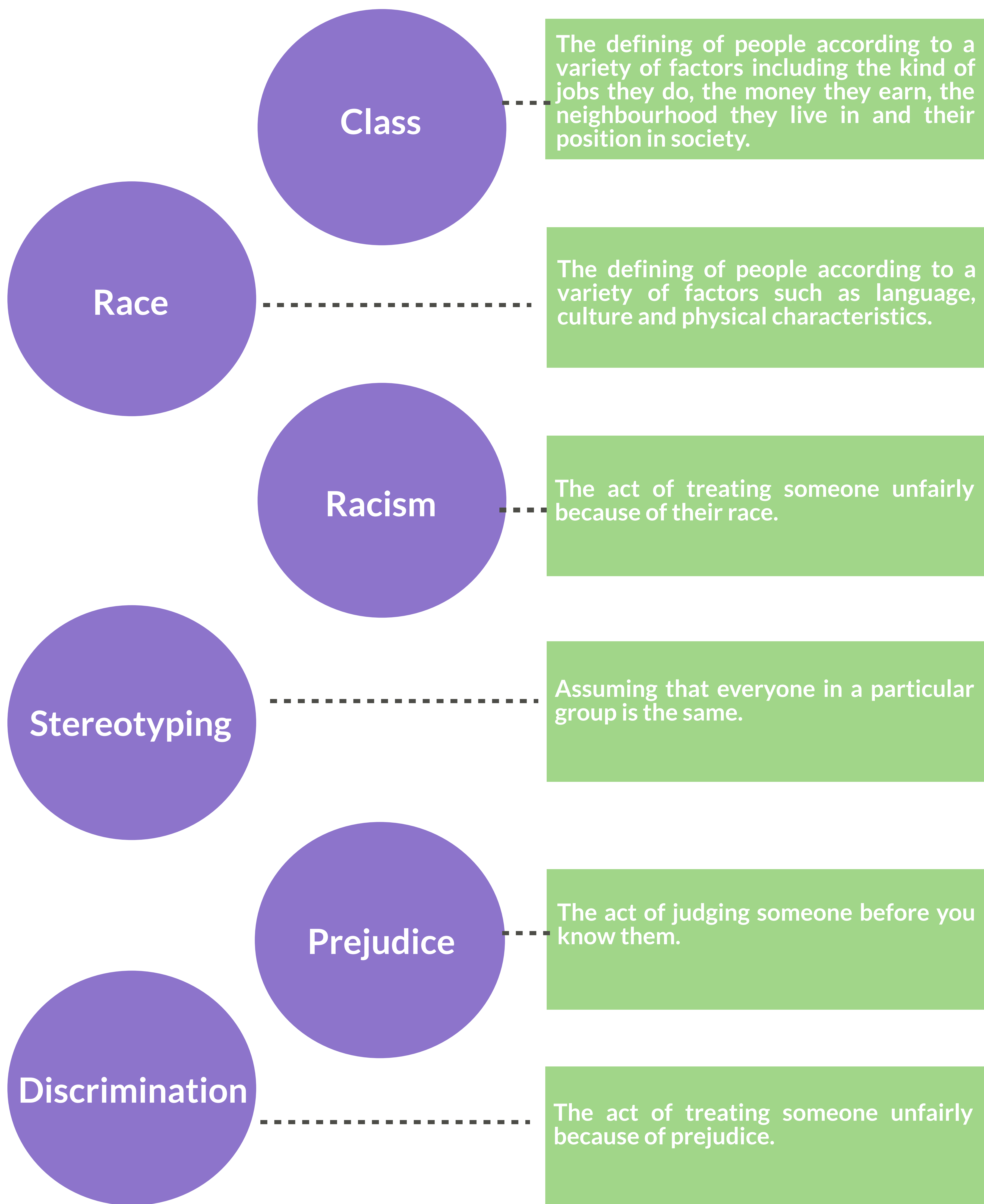
Class

The act of treating someone unfairly because of prejudice.

Check out the answers on the next page

Think about it: Racism and diversity

How many did you get right?



Racism and Diversity



No one is born hating another person because of the colour of his skin, or his background or his religion.

People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.



Nelson Mandela

What is Racism?

Racism is the belief that groups of humans possess different behavioural traits corresponding to physical appearance and can be divided based on the superiority of one race over another. This can result in people being treated differently or unfairly, this is called racial discrimination.

What is Racial Bullying?

Racial Bullying is a type of racism where someone's bullying focuses on your race, ethnicity or culture. Racism and racial bullying are wrong and you can get help to make it stop.

What might racism look like?

- Being called racist names or being sent insulting messages or threats
- Having your belongings damaged or having to see racist graffiti
- Personal attacks, including violence or assault
- Being left out, treated differently or excluded
- People making assumptions about you because of your colour, race or culture
- Being made to feel like you have to change how you look
- Racist jokes, including jokes about your colour, nationality race or culture.

What is Diversity?

Diversity is about empowering people by respecting and appreciating what makes them different, in terms of age, gender, ethnicity, religion, disability, sexual orientation, education, and national origin.

Cultural Diversity: This is related to each person's ethnicity and it's usually the set of norms we get from the society we were raised in or our family's values.

Racial Diversity: Race has to do with a person's grouping based on physical traits.

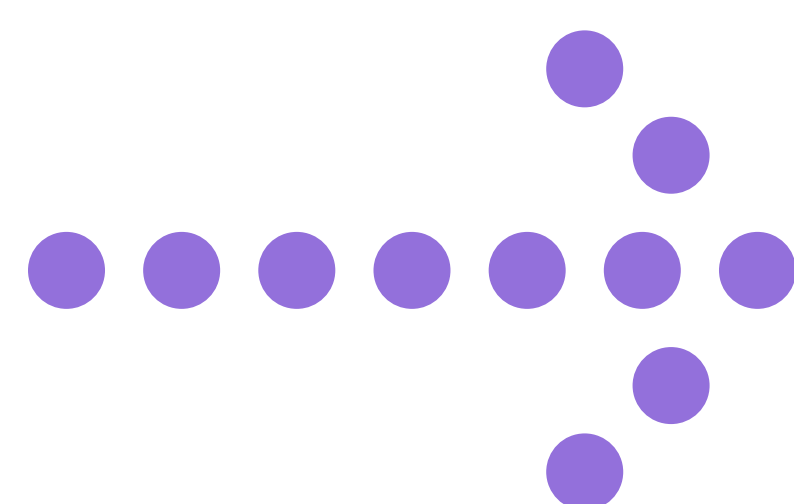
Religious Diversity: This type of diversity refers to the presence of multiple religions and spiritual beliefs.

Sex/Gender Diversity/Sexual Orientation: The inclusion and equal balance of people who identify as different genders and sexual orientation

Age Diversity: Recognising and appreciating the benefit of people of different ages.

Check out this video on Racism and diversity

Watch this



https://www.youtube.com/watch?v=OxAEptvO_jg&feature=emb_title



5 ways to promote diversity and prevent racism



1

Treat people fairly and with respect

- We all make assumptions so try to notice any that you make and this will help you to treat everyone as an individual.
- Don't go along with racist jokes as this can make it seem like racism is OK, but racist jokes are a form of abuse and can be hurtful even if people don't show that they're upset at the time
- Walk away if you're around someone who's being racist. Or if it's safe, tell them that you don't agree in a calm and assertive way.

Raise awareness about racism and racial bullying

- Get involved in assemblies and campaigns to help educate others about the effects of racism.
- Talk about your experiences when you feel safe and supported, like in a PHSEE lesson, during circle time or on the message boards.
- Raise awareness in the community about racism and racial bullying.

2

3

Talk about your feelings

- If you experience, see or hear something offensive talk to someone you trust like your friends, family or a teacher.
- Never be scared to talk about how you are feeling or ask questions if you are unsure why something is offensive.

Ask Questions

- If your friends feel comfortable talking about it, ask about their culture or background to learn more.
- It's always great to ask questions... as they say knowledge is power... so ask questions with respect and if people don't want to answer the questions as they don't feel comfortable, respect their wishes.

4

5

Learn about other countries and nationalities

- Think about watching interviews and blogs or watching vlogs by people who have a different background(s) to you.
- Welcome and include anyone who's being excluded. You could start or support a mentoring scheme at school, college or in your community for students who have come from different countries.

What to do if you experience racism



Walk away

If you are ever in the situation where someone is being racist towards you or someone you're with, keep safe and don't retaliate. When you get somewhere safe, make a record of everything that happened and report it to the relevant people.

Tell someone what happened

It's important that you tell someone what has happened. This could be your teacher, parent, sports coach or someone you trust. It is important that it is escalated and addressed. Be open and honest about what was said and don't feel afraid about speaking out.

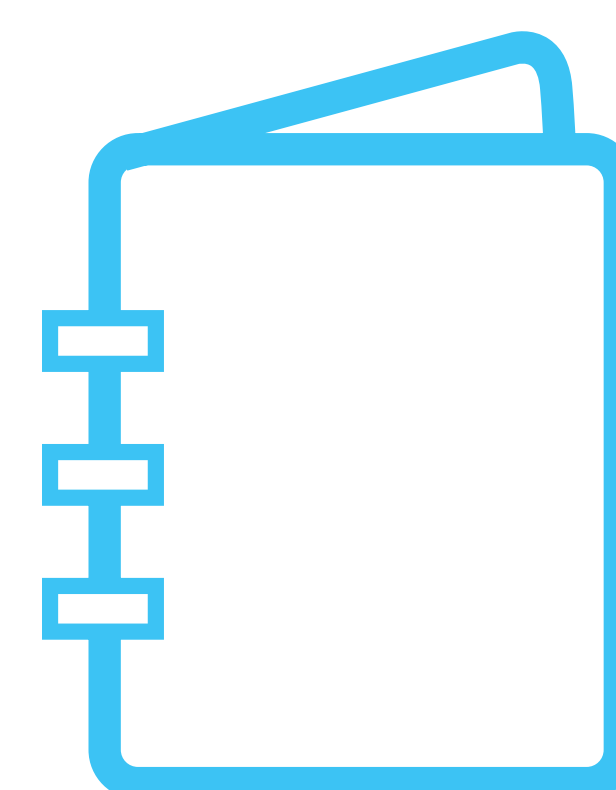


Stay safe online

Change your privacy settings, report abuse on the site or app and block users who bully you or make discriminatory comments or threats. Again, record any comments that have been made and report them.

Keep a record

Keep a record of everything from messages to pictures. Anything you receive or see, so you can report it and it can all be used as evidence.



Find someone who will help

It can take time for bullying to stop. If you feel like nothing is changing, escalate it and speak to someone.

Each school should have an anti-bullying policy which is there to protect you.

Tell the police

If you feel threatened or a crime has been committed, you can report to the police on 999 in an emergency or 101 at other times.

Make sure you have detail so you can pass the information onto them so they can keep you safe.



Where else to look...



Click on the icons below!

YOUNGMiNDS

