

## Talking Racism

### Five Ways To Stand Up Against Racism

**Racism:** Prejudice, discrimination on the basis of racial, ethnic group and or colour of skins.

# Talking Racism in 5ive

## Ways to Stand Up Against Racism

Collaborate in breaking racism down to build human relationships up

Believe in the power of yourself to be able change the racist landscape into an anti-racist plain and become a global citizen in helping to wipe out racism by fighting inherited rather than inherent biases, taught prejudices and racism we need to deconstruct.

**Remember** racism stops with you, make your voice count, take action now!

**Here's how you and your family can help:**

### 1. Listen to and amplify Black voices

Pay attention to the voices of people who experience racism every day and care enough to share their stories with your friends and family. People need to be educated on real harmful and often traumatising effects of racism and you can do this by not allowing their stories of racial discrimination and injustices to fall silent and stopping with you, share what you've heard, what you know to be true so other may understand and empathise and will want to put a stop to racism too. It's a connective world, even more so than ever before and

we're all in this together, let's break the harmful cycle of a living inheritance of racism and we do this by talking racism.

## 2. Call out bigotry and hate speech

There has been a disturbing increase in hate speech in the UK and the rest of Europe as well as the US in recent years and months and continues to escalate and spreading as a deadly disease. It's our humanitarian and moral duty to do something about it, who wants to live in a world of hate simply because humans have different colour skins. Majority of us will know it's not right to teach to dislike, hate, value based on the different colours humans come in, so why continue to do this to humankind. It makes little sense when you break it down. Different 'Race's' rather than the human race was designed to empower white people and disempower black and brown people.

It's time to change what was designed with little more knowledge than the desire for domination and power over mankind based on colour.

If you see something on social media or in the newspaper that reflects racial prejudice, leave a comment or write a letter to the editor to let others know that intolerant remarks are unkind, uneducated, uncalled for and unacceptable and in a progressive society this is totally unacceptable and inhumane.

If you overhear someone tell a racist joke, speak up and let them know that stereotyping isn't harmless. Let your children know they should feel free to speak up as well. There's nothing funny about using "humour" to normalise racism, it creates dangerous notions, ideas, and fuels racial language that breeds hate and perpetuate ugly stereotypes.

## 3. Teach children about kindness, fairness humanity, equality and equal rights

Prejudice and hate are not innate. They are learned behaviours — and they can be unlearned. Racism is a socially transmitted disease having lifelong negative effects on the physical health, mental health and development of children and adolescents right into adulthood, This has been medically documented and we will all be affected in some way by the negative

consequences of racial discrimination, ostracism and neglect when we treat our fellow citizens unfairly. The persons, systems who exerts inhumane power over its citizens do not get off lightly and history will reveal its true ugliness in its fullest in due time.

Set a good example. Talk to children regularly about differences and racism. Explain that racism is a system of unfairness and it has a long history in our country. Every human being has a right to feel safe, be valued, to be treated fairly. If we want to fix the problem, we need to discuss it openly and be vigilant about it our daily lives.

#### **4. Stand up for people being harassed — intervene if it's safe to do so**

If you see someone being harassed or physically attacked, it is important to help if you can do so safely. Make your presence as a witness known. Make eye contact with the person being attacked and ask if they want support. Don't escalate the situation.

When the public stands in solidarity, bigots lose their abusive power. Verbal and physical abuse is wrong and should not be tolerated. All people deserve to be treated with dignity and humanity.

#### **5. Support organisations like ours and human rights organisations**

Children are internalising violence against people of colour and this is a child rights issue, it affects all children and not always those obviously discriminated black and brown children, this includes the not so obvious white children who bear witness to racism. Systemic racism is a child rights issue. UNICEF has highlighted and advocated tirelessly for children's rights since its founding in 1946, and believe fundamentally and in principle that all children deserve to grow up in a safe and healthy environment. Children who experience discrimination, racism and violence need our support right now, today, and tomorrow and the days and coming years after too.

**BLACKLIVESMATTER.UK is aligned with UNICEF advice on tackling Racism and has to a great extent used extracts and then enlarged on its pointers on talking Racism.**

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