



RACISM



STAND UP TO

Say no to
Islamophobia

EU workers
here to stay

Slam
anti



BookLife PUBLISHING

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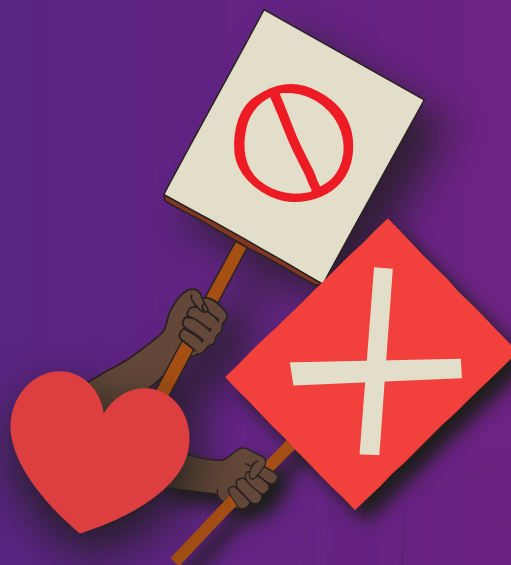
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STAND UP TO RACISM



Stamp out
antisemitism

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welcome

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Words that look like **THIS** are explained in the glossary on page 31.

WHAT IS RACE?



Human beings can be grouped together in lots of different ways. For example, a person's nationality describes where a person comes from or the country they live in. People can be grouped into different nationalities. Another way that some people may group human beings is by race. Race is an idea that was created by people hundreds of years ago and is often based on a person's skin colour or what part of the world they come from.




The idea of race is based more on a person's visible **TRAITS** than their **BIOLOGY**. These traits could be skin colour, facial features or hair type. In terms of our biology, we are not very different from each other so racial identity is very complex.

Your family background and **HERITAGE** can also be described as your race.




This map shows where a large part of the population **IDENTIFIES** their race as Slavic. Slavic people share a set of languages, cultural heritage and racial identity.



People might identify with a race that matches their **PHYSICAL** characteristics – for example, white, Black or Asian. Other people might identify with more than one race – if your parents have different races, you might identify as mixed-race, or biracial, as both races are a part of your racial identity.

Race can also mean belonging to a specific cultural or religious heritage, such as being Jewish. People of many nationalities in parts of Asia and Europe identify as being Slavic – so their nationalities might be Russian, Czech or American, but their racial identity would all be Slavic.



This family might think of themselves as both Jewish and Slavic. This means they are biracial.



DISCRIMINATION AND PREJUDICE

PREJUDICE

Prejudice is a belief, opinion or feeling that someone has towards a person or group of people that is not based on experience. People who are prejudiced might believe that the whole of a group has a particular trait in common. This is called a stereotype. Stereotypes might seem either good or bad. But all stereotypes, even the ones that seem good, have negative effects.

**DON'T
MAKE
ASSUMPTIONS**

Racism is made up of a combination of both **PREJUDICE** beliefs and acts of **DISCRIMINATION**.

STEREOTYPES


OPEN-MINDEDNESS

Even positive stereotypes are still prejudice.

All stereotypes are harmful because they group people together without thinking about them as individuals. Everyone is different and it is important not to think certain things about people before you know them. Every person on the planet is different and it is important to celebrate that individuality.

DISCRIMINATION

Discrimination is when a person or group of people are treated unfairly because of their differences. Discrimination can take lots of different forms. Someone may discriminate against others based on age, class, gender and sexuality, as well as race.




Discrimination is when someone acts on their prejudiced beliefs.



EXAMPLE



Another form of discrimination is not including people in social activities based on their religion, skin colour, sex or age.



There are lots of ways that people may discriminate. Imagine lots of different people have applied for a job and they all have the same skills. If the employer chooses one person over another because of their prejudices against certain groups, that is an act of discrimination.

WHAT IS RACISM?

If you experience any racism, or see it happen to another person, it is important to report it to a responsible adult or the police.

Racism is a type of discrimination based on a person's race. Racism comes from the untrue belief that some races are better than other races. Racism can be expressed both as prejudice or discrimination. If someone believes something about one particular race, it is a prejudice. If someone acts differently or unfairly towards particular races, it is an act of discrimination.



Acting on racist beliefs by verbally or physically attacking someone is known as a hate crime or hate speech and is illegal in some countries. Racist incidents can include bullying, verbal and physical abuse, threatening behaviour, online abuse or damage to property.

The Race Relations Act made racial discrimination illegal in the UK in 1965, but unfortunately there is still racism in the UK today.

There are people who wrongly believe that some groups of people are better than other groups of people because of the colour of their skin. They might also believe that humans have **INHERITED** differences based on where their family came from or their heritage, and that people from these different groups should not be friends or have children together. These are racist beliefs.



Every person should be able to live their life free from discrimination. Even though others may look or act differently from you, everybody should be treated equally. This is called equality.



Equality means that everyone gets the same treatment, rights and opportunities as everyone else.

WHY ARE PEOPLE RACIST?

As we grow up, our views, beliefs and even the type of language we use are influenced by people around us, for example our family and friends. If some members of a family hold prejudiced beliefs, these are often passed on to the younger people in the family. But just because the people we know say and believe these things, it does not mean that we should.



This becomes a cycle. Prejudiced beliefs are passed on to the next generation and so on.



If others around us are using racist words or expressing racist beliefs, it may seem normal or acceptable because it is what we are used to. This does not make it right. It is important to stand up to racism and tell people that it is not okay to do and say racist things. This is called being anti-racist.

Don't be afraid to question what someone says if you think they are being racist.



The cycle
can be broken
through
education.

People who are being racist may be doing so through a lack of education or understanding – they might not know any better. Racism can be built into the way a **SOCIETY** works. For example, it might be easier for a person of a certain race to buy a house, compared to a person of another race. This is known as institutional racism. Institutional racism means it is harder for people of certain races to be treated fairly. The people who do get treated fairly may not realise that they are being treated better and this is known as **PRIVILEGE**.



Talking to people
from different races
and cultures and
understanding their
experiences can
help educate people.

RECOGNISING RACISM

Racism can happen at any time and in any place. This includes at school, in public, at home and online.

This could be in the form of name-calling, physical abuse, or simply leaving someone out.



If a person is being bullied or singled out at school because of their race, this is racism. If you experience this, or see it happening to somebody else, it is important to report it to an adult or teacher that you trust.



CYBERBULLYING is any form of bullying that happens online. The most common platform for cyberbullying is on social media. If somebody online is using racist language, make sure you speak to a responsible adult about it.

Microaggressions are another form of racism. This is when a racist act or thought is carried out in a casual, and maybe unintentional, way. Because of this, some people might not even realise they are being racist when using a microaggression.

Can you help me with my maths homework?

Just because I'm Asian doesn't mean I'm good at maths.

Even though microaggressions aren't obviously mean, they can still hurt people's feelings and support racial stereotypes. We must always think about what we are saying.

A question like this may seem harmless. However, this question suggests that the person you are asking doesn't really belong in the place they are living in. This question comes from the assumption that someone is from somewhere other than the place they were born, based upon their skin colour or heritage.

"But where are you really from?"

This is a microaggression.

HOW DOES RACISM MAKE OTHERS FEEL?

When a person experiences racism, they can feel lots of different emotions. These might include feeling sad, alone, angry or scared. For others, racist attacks can cause serious and long-term physical and mental health issues, such as depression, anxiety or low **SELF-ESTEEM**.

A person experiencing racism might feel singled out. This could make that person feel lonely or as if they do not have anybody to support them. If you know somebody who might be feeling like this, it is important to let them know that they can talk to you or an adult about what is happening.

Even asking a simple question such as, "Is everything okay?" can let someone know you're there for them.



A person who experiences racism might feel it has affected their confidence. This could make that person not want to go to school or even leave the house.

RIOTS may sometimes happen when people refuse to acknowledge racism in their society and don't make changes to make life fairer for those being discriminated against.

Racist views that are passed down from parents and grandparents might make younger people feel that they can only be friends with certain people from certain backgrounds. It is important to make friends with everybody and make every person feel included.

Protest!



HOW CAN WE TALK ABOUT RACE?

?

ASKING QUESTIONS

Sometimes it seems scary to ask someone about their experiences of racism because we don't want to say the wrong thing and hurt someone's feelings. It is also important to remember that some people may find it very difficult to talk about any racist experiences they may have had and that it is not their job to teach you about racism. However, it can be useful to ask questions and understand more about certain topics related to race.



Everyone is different and that means that everyone will have different ideas about what they do and don't find acceptable. Just because one person from a certain background or culture might be okay with something doesn't mean that everyone from that background or culture will feel the same.

QUESTIONS YOU COULD ASK

"WHAT CAN I DO TO HELP IF I SEE RACISM HAPPENING?"

"IS THERE ANYTHING THAT YOU FIND HURTFUL?"

"HOW DID THAT MAKE YOU FEEL?"



**"HOW ARE OUR
BACKGROUNDS
DIFFERENT?"**

**"WHAT FESTIVALS DO
YOU CELEBRATE?"**

**"HOW ARE
OUR CULTURES
SIMILAR?"**

You could also ask people from different backgrounds to tell you about their culture and lifestyle. This will help you both learn about different cultures, which will make them seem less scary.

**"HOW DO YOU
CELEBRATE THEM?"**



When we ask questions like these, everyone becomes more educated about other cultures and backgrounds. It makes us realise that everyone is different in some ways and similar in others. This helps us to break down stereotypes and prejudiced beliefs.



RACISM IN THE LAST CENTURY

1930s

1939 – WORLD WAR II BEGINS:

The Nazi party, led by Adolf Hitler, came to power in Germany in 1933. The Nazis believed they were a superior race and that others, particularly Jewish people, were inferior. During the Second World War, the Nazis killed millions of Jewish people in one of the worst **GENOCIDES** in history.



1940s

1948 – APARTHEID IN SOUTH AFRICA ESTABLISHED:

Apartheid, meaning separateness, was a state of racial **SEGREGATION** in South Africa that was enforced by the country's government at the time. The government segregated all public services and services for white people were much better. People from different ethnic groups had limited rights. Apartheid ended in 1991, with the help of Nelson Mandela, who later became the president of South Africa.



1950s

1955 – ROSA PARKS:

Following years of racial segregation in the US, Rosa Parks, an African-American woman, refused to give up her seat on the bus for a white person. This small act is largely thought to have begun the Civil Rights Movement, a movement that aimed to rid the US of racial segregation.



1960s

1963 – MARTIN LUTHER KING JUNIOR: A leader in the Civil Rights Movement, Martin Luther King Jr organised and led many non-violent protests against racial segregation. The most famous of these was the March on Washington. 250,000 people attended the march and it was here that he made his famous “I Have a Dream” speech.



1990s

1992 – LOS ANGELES RACE RIOTS:

The riots started in Los Angeles, California, and later spread to other areas of the US. Riots began when four police officers were pardoned after a video of them beating Rodney King, an African-American, was shown in the media. The riots lasted for six days and over 2,000 people were injured. After the riots had ended, the four police officers were either fired or sent to prison. None of them returned to work for the police.

1980s

1981 – BRIXTON RIOTS: The African-Caribbean population of Brixton, in South London, was suffering from high unemployment and unfair treatment. Relations between the community and the police were becoming increasingly tense, which eventually led to the uprising on the 11th of April. Later, the government studied what had happened and agreed that one cause of the riots was the disadvantage that Black people faced in the area and that police officers were also at fault during the riots.



RACISM TODAY

RACISM SINCE 2000

Although we have come a long way since the 1930s, there is still a long way to go before we reach racial equality in the world. Since the year 2000, there have been many events that have highlighted that racism is still a big problem in the world today.



What could you do to be anti-racist and help put an end to racism?



In 2008, the US elected their first Black president, Barack Obama. This was good for racial equality as it provided positive **REPRESENTATION** for Black people across the US and the world. However, his presidency highlighted many racial inequalities in the US that still need to be addressed today.



In 2011, riots began across London. Much like the Brixton riots in the 1980s, these happened because of poor race-relations in London at the time. The riots were sparked when Mark Duggan, a Black man, was shot by police.



The riots started as a response to **POLICE BRUTALITY** towards people of colour, specifically Black people, in the UK and US. There have been many cases of the police killing Black people, including children. People of all backgrounds began to protest how the police treated white people better than Black people and other people of colour.

In the US, in 2020, George Floyd, a Black American, was murdered by the police. His murder sparked mass outrage across the US and in other countries such as the UK. Protests in support of Black Lives Matter happened across the world and made people think about how racism is still a big problem in the world.

THINGS TO IMPROVE



While more people than ever before are anti-racist and are fighting against racism to make the world a fairer place for everyone, it is obvious that there are still lots of things that need to be improved. Some of these include institutional racism and representation.

INSTITUTIONAL RACISM

Both the media and the police are organisations that have been called institutionally racist. The media might only show certain races in its programmes, or show certain races in only negative ways. Some police officers might target groups of people based on their appearance, or stop certain people more than others because of how they look. These actions are institutionally racist.

Institutional racism is a form of racism that goes beyond an individual's beliefs. Instead, it refers to the collective failure of **ORGANISATIONS** to offer a service free from discrimination.





REPRESENTATION

Representation means that there is someone speaking on behalf of a group of people. Representation is a good thing if all different groups of people are represented. It is a bad thing if only certain groups are represented. People should be represented in lots of different areas such as on TV, in films, in schools and in discussions.

When the US chose Barack Obama as their president, it was a big step for the representation of Black people in positions of power.

WHY IS REPRESENTATION SO IMPORTANT?

HAVING A VOICE

If people of all different races are represented in all different areas, it means that they have a position to talk about their beliefs and experiences. This helps promote equality and diversity.



ROLE MODELS

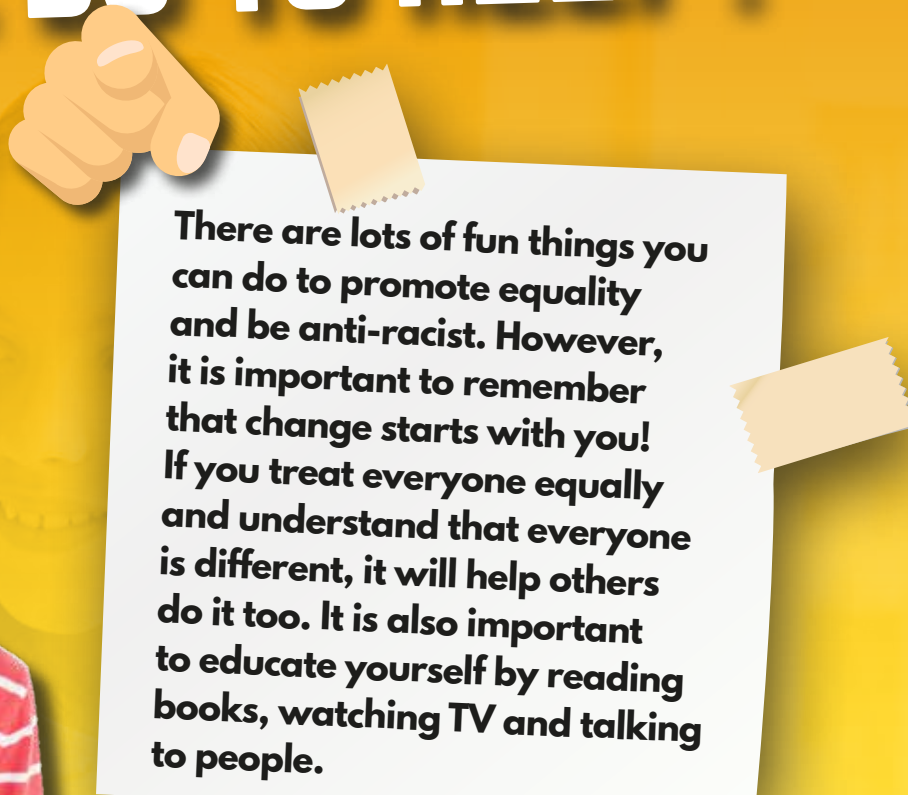
Representation is also important because it gives people role models. If you see someone that you identify with in the leading role in an action film, as a headteacher, or in any position of power, this person becomes a positive role model. If you don't identify with the people in these positions, it can make you feel alienated, or that you can't achieve the things that other people can.



WHAT CAN WE DO TO HELP?

CHANGE STARTS WITH YOU

If you need help starting a conversation, look at pages 16 and 17.



There are lots of fun things you can do to promote equality and be anti-racist. However, it is important to remember that change starts with you! If you treat everyone equally and understand that everyone is different, it will help others do it too. It is also important to educate yourself by reading books, watching TV and talking to people.

TALK ABOUT IT

You could try to talk with people from different backgrounds to you, and see how they are similar and different to you. You should always think about what you say before you say it. If you hear someone saying something that you think is wrong, you could tell them why it might hurt someone's feelings.

RAISE AWARENESS

You could raise awareness by inviting a charity to your school, such as Show Racism The Red Card, which runs educational days to teach people about equality.



Find out more on page 30!

HOLD A CHARITY FUNDRAISER

You could hold a charity fundraiser for a charity that aims to end racism. You could raise money by holding a bake sale, or a fancy dress day at school.



CASE STUDY: ABORIGINAL PEOPLE



The Australian Aboriginal people are **INDIGENOUS** to Australia. They have been living in Australia for over 50,000 years.

When the Aboriginal people first arrived in the country, and for many years after, they lived all over Australia. The Aboriginal people were mainly **NOMADIC** people who moved around looking for food; however, there were some who settled in one place. They created a rich culture, had many languages and had their own myths and legends.

Thousands of years ago, the different groups of Aboriginal people had over 250 languages. Now, there are fewer than 145 still known or used.



During the 18th century, people from Britain began to arrive in Australia. The British people used violence to claim much of the land, forcing the Aboriginal people to flee their homes. The British people wanted the Aboriginal people to join their culture and learn their language. However, the Aboriginal people resisted and this led to widespread fighting.



At this time, the attitude towards the Aboriginal people changed and they were forced out further. They were viewed as lesser than white people. The Aboriginal people still experience racial discrimination today and the community has suffered with poverty, a lack of jobs and poor education.


ACTIVITIES

QUICK QUIZ

1. What is discrimination?
2. What is a stereotype?
3. What is racism?
4. What does the term “institutional racism” mean?
5. What is equality?
6. What is positive representation?
7. Name one charity that fights racism.
8. Name two ways that you can help stop racism happening.
9. Who made the famous “I Have a Dream...” speech at the March on Washington?
10. Who helped end apartheid in South Africa?



Answers:	1. Treating someone unfairly because of their differences.	6. When lots of different types of people are represented.
2. A generalised belief about a whole group of people.	7. Black Lives Matter, Show Racism the Red Card, or Stand Up to Racism.	7. Hold a charity fundraiser and talk with people from different backgrounds to you.
3. A type of discrimination based on someone's race.	8. Discrimination that comes from a whole organisation rather than an individual.	9. Martin Luther King Jr
4. Discrimination that comes from a whole organisation rather than an individual.	5. When everyone is treated the same.	10. Nelson Mandela



In small groups think about your favourite superheroes and book characters. Who are they? What colour skin do they have? What background do they come from?



A campaign is when a group of people work towards a goal by doing things such as organising events or putting up posters. Think about a possible campaign your class could start. Your campaign will need a slogan and an outline of your goals. Now create some eye-catching posters for your campaign.

Who has everybody else chosen? Do you notice any patterns? Are there lots of different people from different cultures and races? If yes, how are they different and how do they celebrate it? If no, why do you think this is?

A slogan is a short and memorable phrase used to get a message across.

CAMPAIGNS

SHOW RACISM THE RED CARD

There are many campaigns and organisations across the globe that aim to stop racism. Some of these include:



Show Racism the Red Card is a UK-based charity that promotes anti-racism by educating young people. The charity also uses footballers in short films that talk about issues surrounding racism.

[HTTP://WWW.THEREDCARD.ORG/](http://www.theredcard.org/)

BLACK LIVES MATTER

Black Lives Matter is an international organisation that aims to stop violence against Black people.



[HTTPS://BLACKLIVESMATTER.COM/](https://blacklivesmatter.com/)



STAND UP TO RACISM

Stand Up To Racism is a UK-based charity that stages demonstrations that aim to unite people from different backgrounds in the face of racism.

[HTTP://WWW.STANDUPTORACISM.ORG.UK/](http://www.standuptoracism.org.uk/)

STAND UP
TO RACISM

GLOSSARY

**BIOLOGY**

the science that studies the growth and life processes of living things

CYBERBULLYING

a form of bullying that is done online

DISCRIMINATION

the unjust treatment of people based on arbitrary reasons, such as their race, gender, sex or age

GENOCIDES

when a lot of people are killed that belong to a certain group, usually to do with race or country

HERITAGE

something that is inherited from earlier generations such as traits, language, buildings, etc.

IDENTIFIES

to feel linked to something, or to feel that it describes you

INDIGENOUS

originating or naturally found in a particular place

INHERITED

passed down from a parent

INSTITUTIONAL RACISM

racial discrimination that has become the normal behaviour of an organisation

NOMADIC

not living in one permanent place

ORGANISATIONS

organised groups of people who work together for a shared purpose

PHYSICAL

relating to the body

POLICE BRUTALITY

when a member of the police uses more force than necessary to uphold the law

PREJUDICE

an opinion, judgement, or belief that is formed without knowing the facts

PRIVILEGE

to have been given opportunities or advantages that you may not be aware of, because you are part of a certain group

REPRESENTATION

when someone, or a group of people, are represented by someone speaking or acting on their behalf

RIOTS

noisy, violent and uncontrolled public reactions

SEGREGATION

the act of separating groups of people

SELF-ESTEEM

how someone feels about themselves and their own ability

SOCIETY

a large group of people who live and work together in an organised way as part of a community

TRAITS

qualities or characteristics of a person

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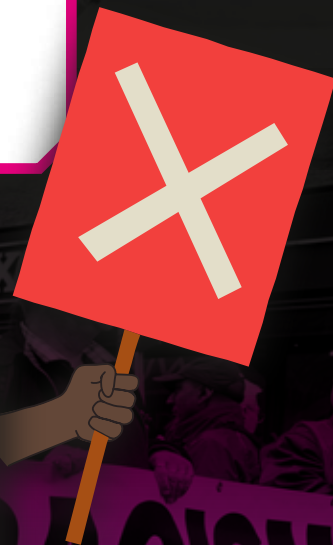
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RACISM



These informative and interesting titles answer the big questions about the world of today. Children can understand topical issues from a factual and practical view, examining the world around us from a range of perspectives. Prepare your young readers for tomorrow with Topics Today.

Racism is not a new topic – but it's an important one. What is race? How do we talk about race without hurting people? How is racism harmful – and how can we stop it? Find out in this topical title.



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