

WHAT IS RACISM?

Racism means a person or a group of people who are judged by their skin colour, their nationality and religion.

❖ Its really sad to hear that racism still exist in 2022, people still get judge by their skin colour.

HOW RACISM EFFECTS EDUCATION?

- ❖ More than 100,000 secondary school students had huge mental health impacts because of racism.
- They experienced:
- Anger
- Depression
- Feeling left out
- Increased heart rate and trembling
- Not wanting to go to school
- Having no trust in anybody apart from family
- * These impacts reduced student's ability to work or study, and to achieve their future goals.

HOW RACISM EFFECTS COMMUNITIES?

- When racial tensions develop, they don't just affect one or two of us, they affect us all. As neighbours, workmates and friends.
- * Racism creates a society where people don't trust and respect each other.

HOW TO PREVENT RACISM?

- Don't laugh at racist jokes.
- Learn about other people and their culture.
- Think before you speak.
- Don't make assumptions.
- ❖ Work as an equal alongside others.

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