

WE CAN CHALLENGE RACISM



- Understanding the way it impacts your one life experiences and perception.
- Work to begin to process information differently
- Interrupt offensive jokes or stories and say you don't want to hear them.
- Speak up when you witness discrimination against others.
- Speak up or seek help when you experience discrimination. Recognize that some situations are best addressed publicly and others privately.
- Become involved and work with others.
- Encourage work and study environments to be places where diversity is valued.
- Discuss issues of inclusion and diversity with children, youth, and adults.
- Be aware of how your actions might intentionally or unintentionally affect others.
- Think critically about the language that you use.
- Be sensitive to other's feelings.
- Question the validity of generalized statements.