

My Anti-discrimination Plan

An activity of "You can decide to fight discrimination"

Read "You can decide to fight discrimination" (page 15, *What's Up* July 2019). This is the ninth article in a series called "Regardless of Race". In each article, we listed how students can play a part. The table below has a summary of the suggestions. Discuss the steps listed with a friend.

Then, on your own, tick (✓) whether you are already doing that step, will do it soon, or may do it one day. You also have the option of not ticking any of the three. Next, share your plan with your friend. Finally, as and when you accomplish a new step, put a smiley face ☺ in the fourth column of that row.

Steps I can take to reduce discrimination		Started doing	Will do soon	May do one day	Done ☺
1	Have diverse friends.				
2	Talk about biases with your close friends.				
3	When in groups, speak in the language that everyone understands.				
4	Pick your words thoughtfully. Be kind and respectful. Never use racial slurs.				
5	When someone uses words that hurt, explain why it is wrong.				
6	Do not judge people by their looks. Never forget that outward appearances tell you next to nothing about the real person.				
7	Use humour wisely. Don't crack jokes that hurt anyone, not even yourself. Avoid being sarcastic.				
8	Don't laugh at mean jokes.				
9	Pay attention to your words. Don't say "dark but beautiful" (as if dark is usually not beautiful!).				

More steps I can take to reduce discrimination		Started doing	Will do soon	May do one day	Done 😊
10	When you look at someone, replace the question “Is she beautiful?” with “How is she beautiful?”. Do the same for yourself. Ask “In what ways do I look good?” instead of “Do I look good enough?”.				
11	When humans feature in your artwork, use a variety of real skin colours. Share storybooks that show dark-skinned kids and adults being part of regular life.				
12	Respect the dignity of labour. Appreciate the contribution of all workers here.				
13	Express your feelings. When someone teases you unkindly, ask them to stop.				
14	Take charge of your own racial literacy. Learn about local ethnic communities.				
15	Ban racial discrimination amongst your friends.				
16	Celebrate the incredible diversity that distinguishes ethnic groups from one another.				
17	Whenever your class commemorates Racial Harmony Day, be mindful not to side-line anyone.				
18	If you are treated badly at school or in your neighbourhood, tell a trustworthy adult about it. Do the same if you observe someone else being bullied.				
19	Break through racial boundaries. Reach for your dreams.				
20	Like the skin you are in! And, help your friends and siblings to do the same. No one can put you down about your looks if you are 100% sure that you are beautiful.				