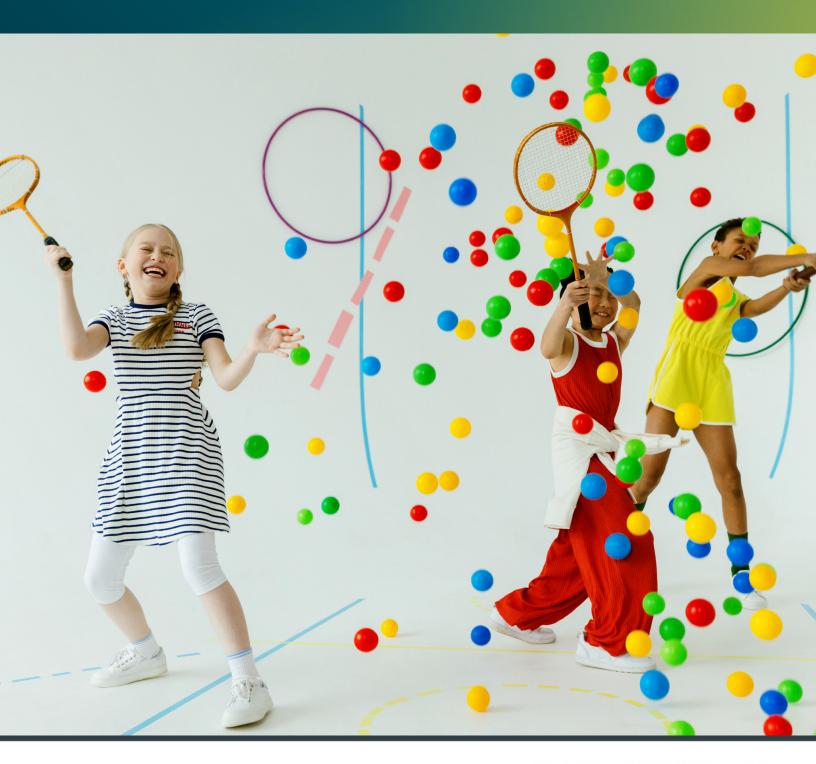
# Ways for Youth to Overcome Racism

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#### What is Racism?

Racism is discrimination based on race, language, religion, ethnic background or culture.

### What Does the Acronym, DEI, Mean?

DEI stands for diversity, equity and inclusion. Diversity is the presence of different people in a given setting. Equity is making sure that programs are impartial, fair and provide equal opportunities for every individual. Inclusion is the practice of ensuring that people feel a sense of belonging in a given setting or place.

## **Ways to Overcome Racism**

- 1. Choose your words wisely. Try to avoid hurting others with words or by classifying or discriminating against someone because of their race or color.
- **2. Learn about other cultures.** Learn what it means to be Jewish, learn about the celebration of Martisor, how people celebrate holidays around the world, or learn to speak a foreign language. The best way to learn about something new is to join in!
- **3. Learn about and celebrate your own origins.** What should you know about your own roots, your family's traditions or even your family tree?
- **4. Visit new places.** Explore your own town or city, enjoy new spots to eat, walk around areas you aren't familiar with, and search for cultural diversity.
- **5. Discover the past to understand the present.** Study historical figures and events to learn how they shaped the world we live in today.
- 6. Celebrate opportunities to meet new people and make new friends.
- **7. Challenge racist ideas.** Speak up in support of people of other races. If you witness injustice, report it!

#### REFERENCE:

Fornasari, E. "10 Ideas to Overcome Racism." StarryForest Books: March 2021.



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