

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 Martin Luther King Jr., 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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