



IES JOAQUÍN TURINA

ERASMUS PROJECT

“JOURNEYS OF HOPE”



Student's Guide

(for other students)

TWELVE ACTIONS AGAINST RACISM

“Our students will describe how to react in everyday situations when migrants, refugees or human rights are endangered and how they can personally take practical actions to stand up for the theme”

1

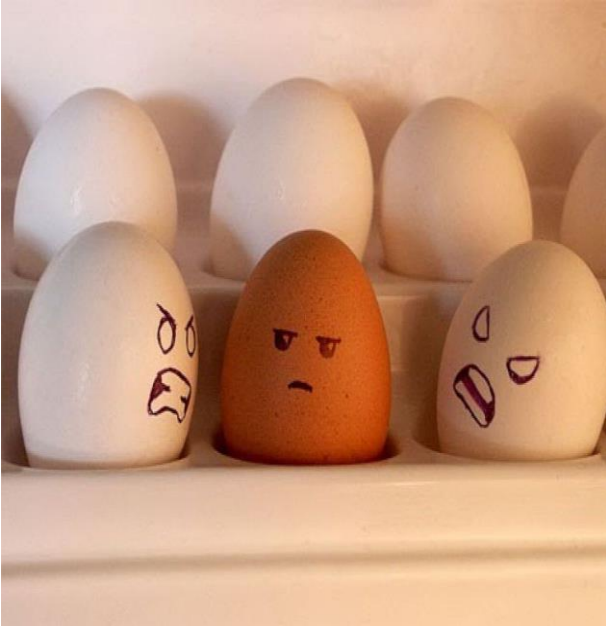


Speak without fear if you witness a racist act. If you listen to someone making any racist comments and jokes, or treating someone in a bad manner because of a racial prejudice, you should take part and act as a mediator. You may be afraid of someone showing an aggressive behaviour, but think about how the other person is feeling. If you think

your safety, or someone else’s is at risk, don’t hesitate to contact authorities: a policeman, for instance, or an adult, if you are a child or a teenager.

- **If that person believes there is nothing wrong about what they said, ask them not to repeat those racist comments showing intolerance to other people. You should make a warning that you won’t get together in case of not changing their attitude.**
- **If someone says, for example, that “all X are criminals”, ask them: “Why do you say such a thing?” or “How is it possible you think that way?”**
- **Try to say: “What you said was really bad” or “How would you feel if someone else said that about you?”**
- **If you don’t dare to say anything or you back out, don’t punish yourself. Make a promise that you will say what you think whenever there is another opportunity.**
- **You ought to refer to the behaviour or the comment, not to individuals themselves. Avoid using any insult or blaming that**

person by saying: “ You’re a racist”. You will only manage to make them feel upset and more embarrassed.



2

Support and attend events where culture diversity is celebrated. Most cities hold festivals and cultural events. These are a good chance to learn about different cultures and interact with people from different origins. You may invite some friends and relatives to come with you. Raising awareness and contributing to the fact that other people also get involved is a way to achieve a more positive attitude towards people from different backgrounds.

- These events are frequently held on the occasion of special dates being celebrated.

You may also organize a demonstration or a protest. These are effective means of fighting against racism in your community. They can be arranged as a response to incidents that may occur in your social environment. As an example, if someone paints a graffiti containing racist signs, you may meet up with other people in order to erase that graffiti. If racist groups are coming to visit your city, you can submit a request to avoid their arrival.

- Even if you are unable to organize something yourself, just by expressing yourself or making some suggestions, you are actually helping and defending the cause.
- You should always start by getting in touch with your friends, relatives, classmates, neighbours, etc. You might also contact local authorities in order to let them know about your doubts and your plans for the future.

3



Exert some pressure and fight for non-discriminatory laws. Racism reaches both individual and institutional levels. Local and federal laws can promote racism. The most important fact is making people feel concerned and change your own attitude,

but governments are able to make a great difference. Try to search for laws encouraging equality in salaries and opportunities, as well as punishment for individuals fostering discrimination against equal access to housing or employment. Write to elected representatives, or to the media, and try to discuss with community leaders about this kind of laws. *resión y lucha por leyes no discriminatorias.*

4



You may also take an active part in local, national or international organizations. Many of these are devoted to these issues. Becoming a member of these organizations or simply supporting them - financially or in a different way- is another option to be helpful. You may get in touch with people having similar ideas to yours and be informed about some useful news and ideas. You might become a volunteer or contribute with your time or money by

making common cause with one of these organizations. *Participa en organizaciones locales, nacionales o internacionales.*

- Search on the Internet about some organizations fighting for racial equality.

5



Try to know in depth about your community. This will help you to determine which are the best strategies in order to reduce racism in it. Read every local newspaper, magazine or website so that you can obtain a general knowledge of your community. Which groups of people live in? Do these groups live and work together? Are neighbourhoods segregated? Has there been any racist incident among these different groups?^[9]

6

Get to know your own conscious or unconscious feelings. Everybody has stereotypes (that is, exaggerated image or belief, or biased truth about a person or group) which you could have and the ways be discriminated against (that is, give people an unequal treatment). You must understand your feelings before facing them.



- Ana ser a test that you can find on the Internet to find out

whether you have racist prejudices. Maybe you feel badly or on the defensive when you read your results. Just breathe deeply and remember you can change your behaviour and belief.

- Think of the racist acts you have seen or you have provoked.

7

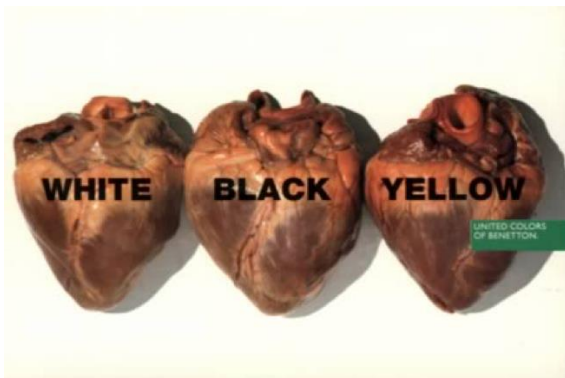


Be aware. Read as much as you can about racist relationships, the white people privileges and the ways of cutting down on racism. Read books, listen to music and watch movies about other cultures too. Get to know the history of culture and the current affairs. Listen to other

people their experience in racism.

- Talk to people in your ethnic group about your attitudes and beliefs, before talking to other ethnic group. There are conferences and alliances which allow you to understand your own feelings before acting.
- Being aware is the best way of changing attitudes and beliefs.

8



Spot the differences among the different ethnic groups. People are gathered in big ethnic and racial groups such as white, indigenous, Afro-descendants, Latin-Americans, etc., North Carolina and Nigeria. Each one of these places has a different culture. Ask people Where they grew up, What festivals they celebrate, what kind of food they like, etc.

9



Take into account the differences, instead of pretending they don't exist. It could be a good idea to pretend that everybody has the same skin colour, but that way, you will forget the differences are something good and natural. Value the diversity, instead of ignoring it. Race is usually linked to cultural differences (for

example, language, bank holidays, clothes, etc.) which influence on the way the person experiences the world. If you pretend races don't exist, you aren't acknowledging these differences.

- Ignoring somebody's race could be offensive to that person. Maybe, they feel you are ignoring an important aspect of their identity.

10



Make friends with people from different races, going to the same school and have a close relationship to them will help reduce racism. These one-to-one relationships can help correct any wrong ideas and stereotypes that you may have about different groups of people.

Make an effort to get to know people from different races. Join a club, a sports team or an organisation where you can meet people.

11



Write down the stereotypes and prejudices you have. Choose the groups about which you make generalizations and take notes of your opinions about them. Be really honest with yourself when you do. Once you have finished, write down where you got those beliefs from. Your parents' influence?, from a personal experience? You might not even know where you got those

beliefs from. Share these conclusions with somebody from your own racial group, if you feel comfortable by doing so. This way, you'll be able to speak of your feelings freely and without offending anybody.

12



Don't be hard on yourself. Everybody has racist thoughts. Accept this as something common, and it's good if it is something which bothers you. It won't be easy to think and speak about racism. Instead of feeling sad or ashamed, make an effort to change your attitude and lean as much as you can.

TIPS:

- Don't worry if you realize that you are unconsciously racist. This has to do with you culture and background, and doesn't turn you into a bad person.
- Be patient. Some people haven't learnt about racism and it won't be easy to persuade them.

- You don't have to fight against racism on your own. Find similar people that can help you.

WARNINGS:

- It might be dangerous to intervene in a situation where a person is suffering a real attack. Keep out of it and call the police. (Dial 091 or 112)



Cofinanciado por el programa Erasmus+ de la Unión Europea



IES JOAQUÍN TURINA

Students

González García, Estrella	López Borrás, Águeda
López Borrás, Samuel Leandro	López Borrás, Alexia
García Garrido, Elena	Serrano Rodríguez, Javier
Gutiérrez Estévez, Pablo	Vázquez Pinto, María
Lorenzo Montes, Felicia	Hiraldó Cordero, Laura
Moreno Barbero, Alicia	Suárez Cáceres, Roberto C.
Martínez Castellanos, Lucía	Díaz Hernández, Natalia
Pérez Barrionuevo, Marta	Huang Plaza, Alejandro

Disclaimer

**The support for the production of this
publication by SEPIE
does not constitute an endorsement of the
contents, which
reflect the views only of the authors, and
therefore SEPIE
cannot be held responsible for any use which
may be made of
the information contained therein**