



ANTI-RACISM STUDENT TIP SHEET

RESPECT

Uniqueness

Appreciate the uniqueness of each person by accepting differences in identity, spreading kindness and appreciating unique cultural clothing, food or customs.



RECOGNIZE

Be Aware of Biases

Reflect on certain biases you might hold. Learn how you can reduce and overcome them.

SUPPORT

Safe Environment

You play a big role in your own environment! Support people by making each other feel safe and secure in the environment you are in.



LEARN

Knowledge & Awareness

You can learn and read about current or historical social justice issues to increase awareness and knowledge on issues faced by different cultures and communities.

LISTEN

Engage in Conversations

Engage in conversations about different cultures in a respectful manner. Listen to individuals with curiosity and kindness.



SPEAK UP

Be an Upstander

If someone is being treated unfairly due to their appearance, background or culture, be an upstander and speak up!

DEALING WITH MICROAGGRESSIONS

Step 1: Notice & Respect

Know that your “gut feeling” is important and to listen to what it’s telling you.

Step 2: Step Away

Give yourself the space you may need. Talk it through with someone you trust so you can plan a response.

Step 3: Have a Voice

When it is safe and possible, speak up or take action. If it is not safe, let a teacher or adult know.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, INFORMATION, IDEAS, AND MUCH MORE!

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