



What can I do to prevent racism?

- 1. I will try to recognise my own preconceptions and change my views if necessary.**
I will get to know different types of people without prejudice, treat them all equally and interact with each and every one of them as individuals.
- 2. I will try to affect the attitudes of individuals and society as a whole through my own actions.**
I will use my role to help society promote non-discrimination and parity.
- 3. I will be aware that experiences of discrimination can vary.**
In addition to racism, discrimination can take place because of gender, sexual orientation, disability or education level, to name a few. Discrimination in any form or shape is wrong.
- 4. I will intervene if I witness any racist incidents or hate speech.**
I will communicate to any target of racist behaviour that I do not condone racist actions or hate speech, and will offer the person my support. Furthermore, I do not have to accept racist behaviour or hate speech targeted at myself.
- 5. I will listen, get training and learn.**
I will familiarise myself with the topic with the help of documentaries, books and websites. I will build networks and take part in lectures, discussions and civic events.