

Be More Buffalo?

# Student Diversity group presents

- Casual Racism
- Microaggressions
- Cultural Appropriation

# What is racism?

Racism is when people are treated unfairly or are harmed (physically and mentally) because of the colour of their skin, ethnicity or their cultural background.

Racism can take many forms such as physical violence to verbal comments.

# What is a microaggression?

A microaggression is a subtle, often unintentional, form of prejudice. Rather than an overt declaration of racism, a microaggression often takes the shape of an offhand comment, an inadvertently painful joke, or a pointed insult.

# What is Casual Racism?

Casual racism is one form of racism. It refers to conduct involving negative stereotypes or prejudices about people on the basis of **race, color, or ethnicity**.

# Microaggression

“Where are you actually from?”

‘Your name’s too complicated, how about I give you a nickname instead?’

“Where were you born?”

“When I look at you, I don’t see color.”

“I am not racist!  
I have several Asian friends.”

“Are you good at using chopsticks?”

“All lives matter!”

“You speak good English.”

‘To an Asian or Latino person: Why are you so quiet? We want to know what you think. Be more verbal. Speak up more.’

“Is that your real hair?”

‘Asking a Black person: “Why do you have to be so loud / animated? Just calm down.”’

# Casual Racism

“I eat dog.”

“Did you start Coronavirus?”

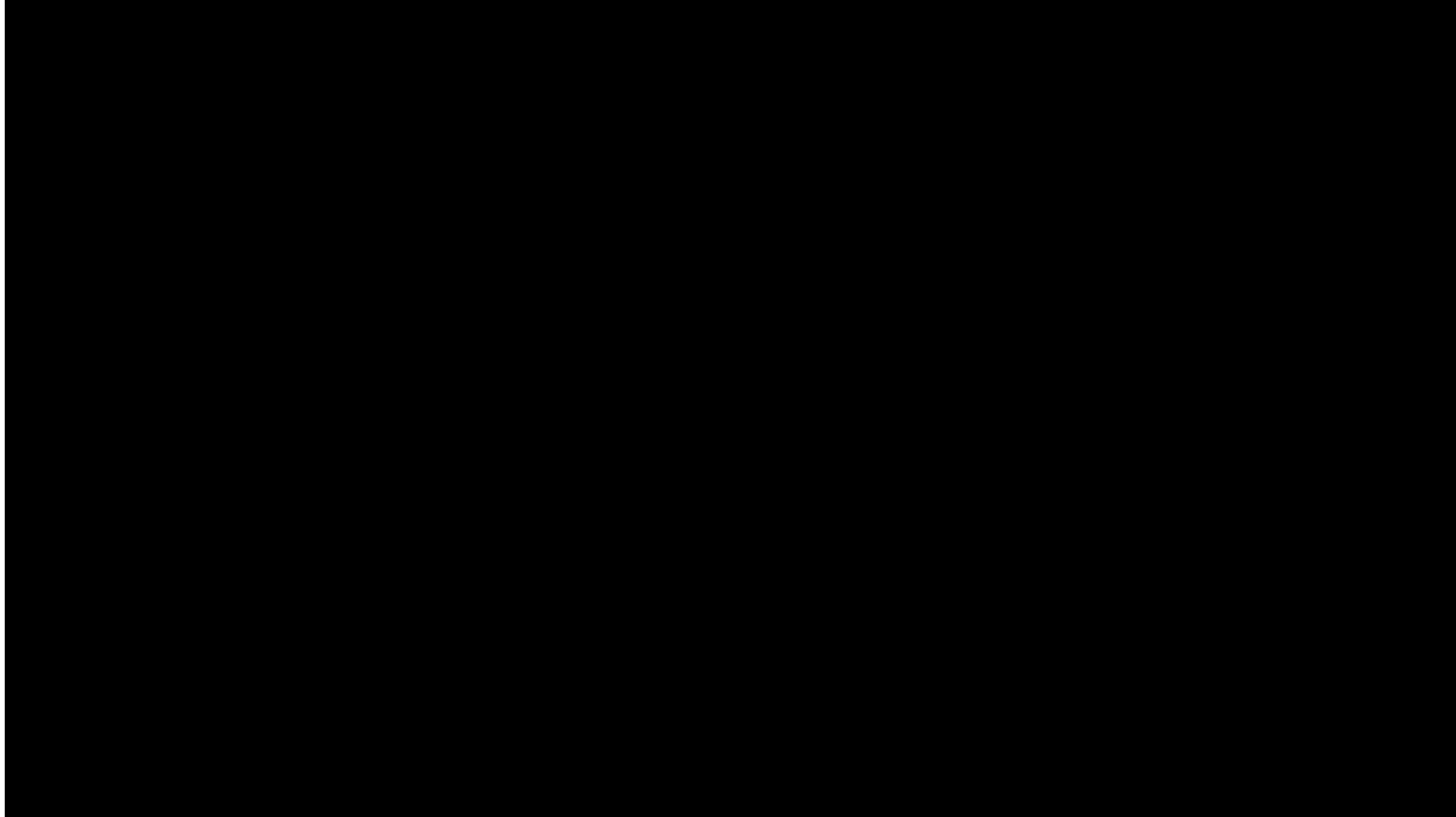
“Chinese Virus!”

“China Virus!”

“You all look alike!”

“Chinese, Japanese, dirty knees, what are these?”

“You’re really good at math!” and other stereotypes



# How Do People Feel After The Microaggressions, and Racist Comments Are Said To Them?

**Humiliated**

**Upset**

**Hopeless**

**Powerless**

**Angry**

**Feeling like I don't belong here**

**Uncomfortable**

**Embarrassed**

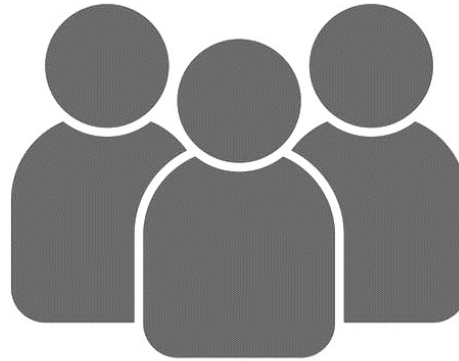
**Hate  
themselves**

**Frustrated**



# Effects of microaggression:

- Creates a divide in communities
- Loss of self-esteem, feelings of exhaustion
- Impacts development of countries
- Damage to the ability to thrive in an environment
- Increased physical health problems
- Distrust of peers and staff
- Increased mental health problems
- Decreases participation and ability to study



# Cultural Appropriation

**Cultural Appropriation** — to appropriate, in basic terms, means **to take without permission**. Cultural appropriation, then, happens when another culture “borrows” any of these cultural elements, typically without asking permission or crediting the source culture, usually from a more dominant culture in society.

It doesn't matter if your friend says it is okay. It is NOT okay to be racist.

Some people might not feel confident or comfortable to tell their friends they are wrong. So you must check your own language and behaviour.

**What Can You  
Do To  
Combat  
Racism in  
Millthorpe?**

**Racism is wrong. However, we can all help to stop racism in all its forms by:**

- Standing up for the person who is being discriminated against **RESPECTFULLY**
- Take the time to tell them why what they did was wrong
- Tell your teacher/ Head of Year/ other trusted adults
- Think about your own language and behaviour and make an effort to change it

# You can also join the Student Diversity Group

We meet in C4 every Thursday lunchtime.

Everyone who wants to actively fight against racism and wants to learn more is welcome to join our team.

Huge thanks to the (brave) Student Diversity Group of Ben Cason, Asma Al Gharawy, Ollie Garner Steel and Hani Sannuga who worked on this assembly!