

# Anti-Racism

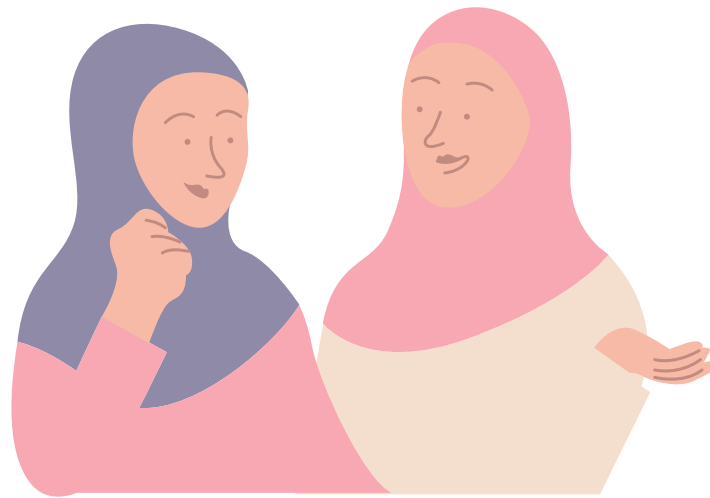
Student Tip Sheet (Gr.7-12)



## 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 about 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

- |                  |               |  |
|------------------|---------------|--|
| Notice & Respect | <b>Step 1</b> | Know that your “gut feeling” is important and to listen to what it's telling you.                        |
| Step Away        | <b>Step 2</b> | Give yourself the space you may need. Talk it through with someone you trust so you can plan a response. |
| Have a Voice     | <b>Step 3</b> | When it is safe and possible, speak up or take action. If it is not safe, let a teacher or adult know.   |

The content included in this material is provided by YouthSpeak Performance Charity. Reproduction and redistribution of the content requires written permission.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

[www.youthspeak.ca](http://www.youthspeak.ca)

(905) 967 - 0604

[office@youthspeak.ca](mailto:office@youthspeak.ca)



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak  
Performance Charity