### Stereotypes and Racism



## What is a stereotype?

As humans, we have a tendency to group people into categories. We group them into: old, young, boy, girl, tall, short, etc. We also tend to group people by culture and race.

#### What is a stereotype (continued)

#### A stereotype is when we group a person in an unfair way.

We make an unfair judgement based on that person's appearance, rather than getting to know the person.

#### For example,

We can make a judgment that all girls love the colour pink and all boys love the colour blue.

#### How do we know that our judgment is a stereotype?

We can ask ourselves, do ALL girls really love pink? Do ALL boys really love blue? If the answer is no, it most likely is a stereotype.

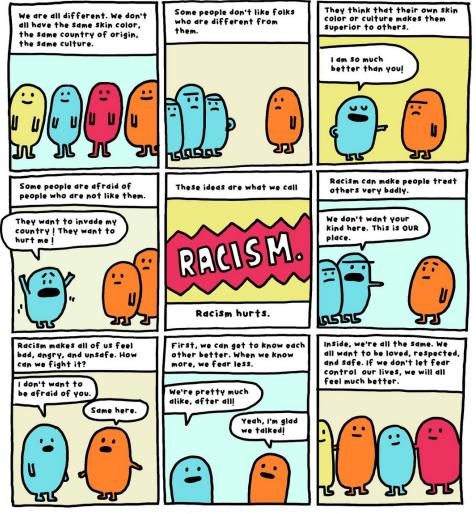
## Race

Race is often defined as the characteristics of a person that you can see, including skin color, hair texture, facial features, and eye color. A person cannot choose their race, it is something that is determined biologically (something they are born with).

# What is racism?

Racism refers to the beliefs, thoughts, feelings, and attitudes someone holds about a specific race of people.

Racism is often used to justify the belief that one race is somehow superior (better than) or inferior (less than).



There are many other ways to fight racism. Talk to your friends, teachers and parents about it. We're all in this together!