

Fight Racism in Canada!

Facilitator's Guide

This facilitator's guide supports the *Fight Racism in Canada!* learning series. Here is a set of guiding questions for parents, guardians and adults to have conversations with students.

To access the *Fight Racism in Canada!* learning series, visit the following links:

Video Series: ccncsj.ca/video-series

Infographics: ccncsj.ca/infographics

Resources for Further Learning: ccncsj.ca/further-learning

Section	Critical Questions
Understanding Race and Racism Keywords: <i>discrimination, racism, race, culture, nationality, ethnicity, stereotype</i>	How can you describe your own identity using the words - race, culture, nationality, ethnicity? What are some stereotypes that people hold about you? How does that make you feel? What are some stereotypes you might hold about other groups of people? What can we do to challenge stereotypes?
Types of Racism Keywords: <i>microaggression, individual racism, systemic racism</i>	What kinds of racial microaggressions have you heard or seen in your life? How do you feel when you hear or see a racial microaggression? What is the difference between individual and systemic racism? To fight racism, why is it important to think about both individual and systemic racism?
Racism and Other Forms of Discrimination Keywords: <i>gender discrimination, language discrimination, mixed race, shadism, classism</i>	Think of your own identities. What is it about you as a person that may make your experience of racism different from others? When it comes to experiences with racism, how might it be different in a community that has mainly Asian people compared to a community of mainly white people? What about a community with diverse groups of people?
Impacts of Racism Keywords: <i>impact, physical, emotional, internalized racism</i>	What are three ways that racism impacts people? What kinds of emotions do you get when you experience racism?
Racism Toward Chinese Communities in Canada Keywords: <i>Canadian Pacific Railway, head tax, Chinese Exclusion Act, voting rights, immigration law, SARS outbreak, COVID-19 pandemic</i>	When you read about the history of racism toward Chinese people in Canada, how many of these events did you know about? How many were new to you? Why do you think this is? Think about how the coronavirus has been talked about in the news. How did the media play a role in the racism that Asian communities are experiencing? When we are trying to understand a new situation, why is it important to find out the facts?

Section	Critical Questions
<p>Racism Toward Black Communities in Canada</p> <p>Keywords: <i>Black leaders, Black Lives Matter, slavery, segregation, violence</i></p>	<p>In what ways have you seen or heard individual and systemic racism toward Black communities?</p> <p>How has the media made you think about Black people?</p> <p>How have you talked about Black people with your friends and family?</p> <p>How does your identity or race affect the way you think about Black people?</p> <p>How are your relationships like with Black people, such as students, school staff and neighbours?</p> <p>What will you do differently now to fight racism toward Black people?</p>
<p>Racism Toward Indigenous Communities in Canada</p> <p>Keywords: <i>land acknowledgement, colonization, assimilation, treaty, reserve</i></p>	<p>In what ways have you seen or heard individual and systemic racism toward Indigenous communities?</p> <p>How has the media made you think about Indigenous Peoples?</p> <p>How does your identity or race affect the way you think about Indigenous Peoples?</p> <p>What will you do differently now to fight racism toward Indigenous Peoples?</p>
<p>Fighting Racism: It Isn't Always Easy</p> <p>Keywords: <i>challenges, multiculturalism, anti-Black racism, anti-Indigenous racism, anti-Asian racism</i></p>	<p>Celebrating cultures is important, but why is it not enough when it comes to fighting racism?</p> <p>Even though we are thankful for being in Canada, why is it important that we also talk about the racism that is happening here?</p> <p>Other than Asians, what other groups of people experience racism? Why is it important that we fight racism against all people, not just when it happens to us?</p>
<p>Fighting Racism: What Can You Do?</p> <p>Keywords: <i>proactive, equity, equality, intersectional, environment</i></p>	<p>Why does fighting racism first have to start with loving ourselves and learning more about how it works? What actions will you take to get started?</p> <p>When you are experiencing racism, why is it important to take a look at your environment before deciding what to do? How does that help to keep you and others safe?</p>
<p>Fighting Racism: Let's Practice!</p> <p>Keywords: <i>distract, delegate, document, delay, direct</i></p>	<p>Which of the 5 D strategies are you most comfortable using? Which of them are more challenging for you?</p> <p>Racism can happen in many different ways. In which situations would you use each of the 5 D's? How might this change depending on the people and place you are in?</p>
<p>Becoming an Ally</p> <p>Keywords: <i>ally</i></p>	<p>How is being an ally different from being a friend? What are some examples of actions that make someone an ally?</p> <p>What are some steps you can take to be an ally? How might those steps look different when you are learning to be an ally to people in your own community compared to being an ally to Black and Indigenous communities?</p>