

This poster is a part of a series to help students learn about racism in Canada and how to fight it in their communities! This learning series has 6 posters and 6 videos. If you can, try to start from the beginning and check them out in order! This poster is the first of the series.

Understanding Race and Racism

In today's world, we live together with different kinds of people. Sadly, not all of us get along and some people are treated unfairly because of their race, gender, religion and other identities. This is called discrimination.

One form of discrimination is called racism. Racism is when a group of people are treated worse than others because of their race.



To better understand racism, let's go over some ideas first...



Race is a way of grouping people by how they look, like their skin colour, eyes, hair and other body parts. It was an idea created by people who wanted power over others. For example, Chinese, Korean and Japanese people are grouped as Asians because of similar skin colour, eyes and hair.

verb: racialize, adjective: racial



Culture is when a group of people share the same language, race, religion, lifestyle and more. For example, a Chinese person can say that they are from the Chinese community while a Korean person can identify with the Korean community. While Chinese and Korean people share similar traits, there are many differences between Chinese and Korean cultures. You can celebrate the cultures of other people without being a part of that culture.



Nationality is related to where you are born or your citizenship. A citizenship means that you live in a country and have a passport from that country. Some examples of nationalities are Canadian and American.



Ethnicity can relate to culture, nationality or both. In Canada, we see people of different Asian ethnicities, such as Chinese, Korean, Filipino - and people of non-Asian ethnicities, such as Jamaican, Russian and Italian.



My nationality is Canadian because I was born in Canada.

My culture is related to my nationality, race and ethnicity:



People see my race as Asian because of how I look.



As part of the Chinese culture, I celebrate Lunar New Year and make Chinese food.



My ethnicity is Chinese because my ancestors are from China.



Living in Canada has allowed me to meet different people and enjoy things from their cultures too. For example, I eat pizza, watch Tamil movies and listen to Korean music.

As you can see, there are different ways to identify yourself. Sadly, many of us use these identities to make assumptions of people. These assumptions are called stereotypes.

Stereotypes hurt because it ignores our individual differences. It is not fair when someone makes a judgement about you when they have not spent time getting to know you.



"Hey, you must be good at math because you're Asian."

This learning series was made by teachers with the support of students, families, organizations and members from Indigenous, Black and Chinese communities.

For more student resources, visit ccncsj.ca/further-learning.

For citations, visit ccncsj.ca/infographics.

For more information, visit ccncsj.ca.