

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 fifth of the series.

Fighting Racism: Let's Practice!

If you hear a racist comment or see something racist, here are 5 things (or 5 D's) you can do:



Distract

Do something that will make people listen or look at something else.



Delegate

Get help from someone.



Document

Write down what happened, such as the time, day and people's names.



Delay

After the racism happens, ask the person if they are okay.



Direct

Speak up against racism when it is happening.

Depending on what is happening, you can use more than one of the 5 D's. If you are not sure, try at least one way. What is important is that you are doing something about it.

If the racism is happening to you, you can still try one or more of the 5 D's but not all of them may work. If there are people nearby who you trust, ask them for help with the 5 D's.



Let's practice the 5 D's! For each scenario, read what happens. Then read each D and decide on which ones you want to do.



Scenario 1: At Recess

You are playing with two friends. One of them makes a funny comment about the other person's accent. You can tell that this person feels hurt.



Distract:

Talk about your hobbies or plans for the weekend.



Delay + Delegate:

Bring your friend to the other side of the playground or somewhere away from the other person. Ask them if they are okay and if they want help from an adult.



Delegate:

Tell a teacher, lunch monitor or another adult about the comment.



Direct:

Name it: Tell your friend, "That comment was racist."

Feel it: "That comment makes us uncomfortable. Here is why."

Ask about it: "Why is having an accent funny?"



Scenario 2: In the Classroom

You are eating lunch at your desk. You hear a student make fun of another student by saying that they have the "Chinese virus".



Distract:

Move your seat. Sit next to the student being made fun of and talk to them about their plans after school.



Delegate:

Tell a teacher, lunch monitor or another adult about the comment.



Document + Delegate:

On paper, write down the comment and the names of the students. Give this note to a teacher, lunch monitor or another adult.



Delegate:

Tell a teacher, lunch monitor or another adult about the comment.



Delay:

After lunch, find the student being made fun of and ask them if they are okay.



Direct:

Name it: Tell your friend, "That comment is not cool because COVID-19 does not come from one group of people."

Feel it: "That comment is not nice. Please leave them alone."

Ask about it: "What do you mean when you say, 'Chinese virus'?"



Scenario 3: In an Online Chat

As you send online messages to a group of friends, you also share a racist experience that happened to you. A friend messages back, "I'm so tired of people talking about race. We need to stop seeing colour because we are all human beings."

Distract:
Send a funny meme about a different topic.

Delegate:
Send a private message to another friend in the online chat and ask if they can say something about it.

Document:
Take a screenshot of the comment. Share it with an adult and ask them how you can talk to your friend.

Delay:
Leave the online chat to check your feelings. Join back when you feel like talking to your friends again.

Direct:
Name it: Tell your friend, "Not seeing colour means there is no racism, but actually there is racism in many parts of the world including Canada."

Feel it: "That comment makes me feel _____. Let me explain why."

Ask about it: "Here is what I know about race. What do you think?"



Scenario 4: In the Hallway

As you walk with your friend, you pass by a group of Black students. Then, your friend makes a racist joke about Black people.

Distract:
Ask your friend what they have for lunch. Do not laugh at their joke.

Delay:
Tell your friend that you have to go to the washroom. Then, find an adult and ask how you can talk to your friend.

Direct:
Name it: Tell your friend, "That joke is racist toward Black people. It is not funny."

Feel it: "I do not like racist jokes."

Ask about it: "Why do you think that joke is funny?"



Scenario 5: At the Library

You see two students laughing while looking through a book about Indigenous people. They call you over and point at pictures in the book as they make fun of Indigenous people in their traditional clothing.

Distract:
Show the students the books you are reading. Do not laugh with them.

Delegate:
Let the librarian or teacher know about how the two students are using the book.

Document + Delegate:
On paper, write down the name of the book and the names of the students. Then give this note to the librarian or a teacher.

Direct:
Name it: Tell the students, "This is racist to Indigenous people."

Feel it: "It makes me uncomfortable when you are not respecting them. Their traditional clothing is beautiful and the Indigenous people of Canada are an important part of the world."

Ask about it: "What is so funny about their traditional clothing?"

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.