

# Step by Step

Stories 

## Day Learn at Home Lesson Plan: Racism

**Date:** \_\_\_\_\_

**Teacher/Instructor Comments:** \_\_\_\_\_

**Parent Comments:** \_\_\_\_\_

**Instructions:** Below, you will find several activities that relate to the topic of today's lesson. We understand that every family is different and has different needs and time availability. Please use the outline below as a general guideline and adapt as required :) Place a checkmark on the ones you tried.

Activity	Digital links	Timeframe	Materials Required	Activity Complete ✓
<b>WATCH</b> these read-along video	Click the links below: <a href="https://www.youtube.com/watch?v=Xk-XMQfgwgs">https://www.youtube.com/watch?v=Xk-XMQfgwgs</a>  <a href="https://www.youtube.com/watch?v=Ej-dTjdA240">https://www.youtube.com/watch?v=Ej-dTjdA240</a>	1:35 minute video  1:34 minute video	-Internet access -Tablet/Laptop/Desktop	
<b>WATCH</b> the lesson	Click the links below: <a href="https://www.youtube.com/watch?v=Qxmbn-uA9vE">https://www.youtube.com/watch?v=Qxmbn-uA9vE</a>  <a href="https://www.youtube.com/watch?v=fxa3_BcUsw">https://www.youtube.com/watch?v=fxa3_BcUsw</a>	3:43 minute video  5:01 minute video	-Internet access -Tablet/Laptop/Desktop	
<b>READ</b> the story on the screen together or by yourself	<b>PDF</b> (page 3)	5 minutes	-Internet access -Tablet/Laptop/Desktop	
<b>5 Activities</b>	<b>PDF</b> (pages 9-20)	60 minutes	-PDF printed -pen/pencil -glue -pen/pencil -scissors	

## **Racism**

Race is a socially constructed identity based on physical appearance. Racism is discrimination and prejudice against a person or groups based on their race and the belief that one race is superior over another. Racism is based on structural and historical oppression.

When a person has a racist experience, they will feel undermined and disrespected because of how they look, not because of what they are doing. Mutual respect and consideration for the common rights and freedoms of every human being is not a given. A racist individual treats others who do not look like them as inferior. They will use their privilege to show their superiority.

Racism usually involves one person exerting their privilege to abuse their power. This also includes others around who do not use their privilege to stop unacceptable behaviour. Every community has rules and laws that we believe keep everyone safe. An example of a racist act is when a police officer from one race intentionally treats a citizen unfairly and aggressively because of the way that person looks without taking time to consider the situation. If the citizen looked differently, they would have been treated differently.

The sound of racism is harsh, unfounded, and meant to hurt. It can come in the form of racial slurs and it can come in the form of silence. As members of a community, we all have the responsibility to stand up and speak out. If we see or hear examples of racism in our home, school, or community, it is our duty to question, inform and stop ignorant individuals from using their power to hurt and humiliate anyone!

## **What Does Racism Look And Sound Like?**

Racism presents itself in many ways.

Here are some examples of what racism looks like:

1. Offensive actions like breaking and writing swear words on the property of other people because they look different.
2. Hate crimes are prejudice motivated crimes that target only individuals from a race.
3. Choosing not to sit beside someone because of the colour of their skin.
4. Government policies can be racist in nature as well. Countries like the United States supported racist laws until the mid-1950's like segregating public buses between black and white skin coloured people.
5. There are some organizations that create or keep barriers to employment, education, sports, or social activities by only allowing certain individuals to be included and others excluded.
6. Using undue violence either physically or emotionally to hurt another person because of the race you perceive them to be.

Here are some examples of what racism sounds like:

1. Telling someone they speak good English because you are assuming that English is not their first language.
2. Making jokes about someone's background and/or calling them names.
3. Intimidating someone by making them feel like you are more important than they are because you look different than them.
4. Making mean comments or believing something to be true about someone because they are from a specific race. This is called a stereotype.

It is up to all of us to take a stand and actively respond to racist behaviour. We need to educate ourselves and be mindful of what should not be tolerated.

# What Does Racism Look Like?



Our company accepts all qualified workers, but we never hire black people



Exclusion from jobs



Exclusion from sports



Excluding certain people/groups based on their ethnicity, race, and colour



Barriers to employment



"I am being told to take off my hijab if I want to go to school"

Barriers to education

Policies that exclude people/groups



Hate crimes



Violence



Exclusion from social activities

## What Does Racism Sound Like?



**Mean comments**



**Misconceptions**



**Threatening comments**



**Myths**



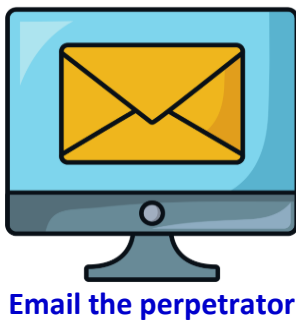
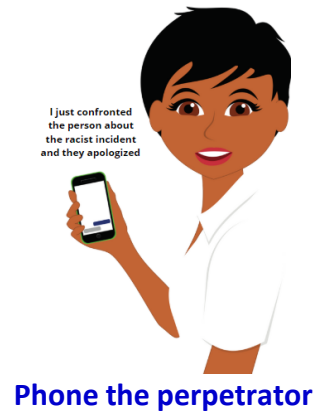
**Name calling**



**Jokes**

# Challenging Racism

Remember, only confront acts of racism directly if you feel safe and comfortable in doing so. You can always reach out to someone in your safety network to ask for help.



## **Activity Breakdown**

### **What Does Racism Look Like?**

-Use the information provided to help you circle examples of what racism looks like.

### **What Does Racism Sound Like?**

-Use the information provided to help you circle examples of what racism sounds like.

### **Apology**

-Everyone makes mistakes, but it is important you realize them and apologize to those you hurt. Practise the four-part apology in case you ever need to use it.

### **Conversation Cards (12)**

-This activity can be completed on your own, in pairs or in a group. Choose a conversation card and take turns completing the thought and/or emotion.

### **Scenario Based Questions (14)**

-This activity can be completed on your own, in pairs or in a group. Choose a scenario and take turns answering the questions.



# What Does Racism Look Like?

Task: Circle all the examples of what racism looks like



Our company accepts all qualified workers, but we never hire black people



We play together



My work is valued and my skin color is not judged



It is okay to dress up like people from other cultures, even if it does hurt them



"I am being told to take off my hijab if I want to go to school"



Go back home!

They do not belong here. I am vandalizing their place of worship!



I feel safe walking outside



Welcome and help new community members

## What Does Racism Sound Like?

Task: Circle all the examples of what racism sounds like



**"We are all Canadian"**



## Conversation Cards

 <p><b>I have been or know someone who has been a victim of racist actions...</b></p>	 <p><b>Some actions I have taken to address racism are...</b></p>
 <p><b>Racism will go away when...</b></p>	 <p><b>Racism in my community is...</b></p>
 <p><b>People are racist because...</b></p>	 <p><b>Racism feels like...</b></p>

## Conversation Cards



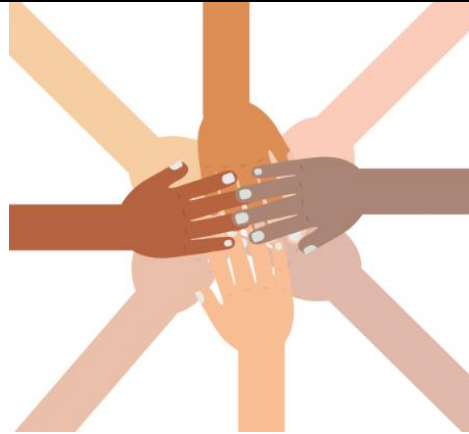
**Racism looks like...**



**Racial slurs are...**



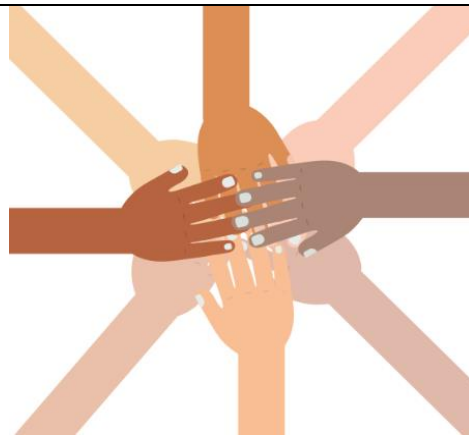
**We can achieve unity by...**



**People need to be educated  
about racism...**




**I can take action by...**



**A world without racism  
would be...**


## Scenario Based Questions

 <p>A Black boy with a red backpack is being confronted by three white children. A speech bubble from the white boy on the left says: "Black kids <b>do not</b> belong here". The Black boy looks sad and is being held back by the other two white children.</p>	<p><b>Are the three kids in this picture being racist? Explain.</b></p>
	<p><b>If you witnessed this, what would you do?</b></p>

 <p>A man wearing a green turban and a black suit is pointing at a green sign that reads: "Remove turbans before entering". The sign is in front of a yellow brick building with a red awning and a sign that says "Store".</p>	<p><b>Is this stores policy welcoming to everyone?</b></p>
	<p><b>Would you shop at a store like this? Explain.</b></p>

## Scenario Based Questions

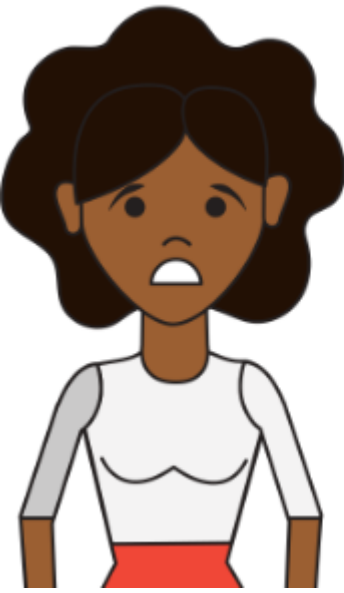
 <p><b>Our company accepts all qualified workers, but we never hire black people</b></p>	<p><b>Do you agree with this companies' policies? Would you work for this company? Explain.</b></p>
	<p><b>How can workplaces ensure diversity in their hiring practices?</b></p>

 <p><b>Go back home!</b></p> <p>They do not belong here. I am vandalizing their place of worship!</p>	<p><b>Why is vandalizing a place of worship a hate crime?</b></p>
	<p><b>If you witnessed this, what would you do?</b></p>





## Scenario Based Questions

 <p>I have been to many job interviews. They don't say it but I know my non-English accent is why I don't get hired.</p>	<b>Why do people judge others that sound different?</b>
	<b>If you were an employee and noticed your boss was not hiring people with accents, what would you do?</b>

 <p>My co-workers ask if my hair is fake, and if I can make it look more like theirs.</p>	<b>Why is it inappropriate to make comments about someone's appearance?</b>
	<b>If you witnessed this, what would you do?</b>

## Scenario Based Questions


 <p>That girl and her family just moved here. They are refugees. I hope she doesn't think we will ever play with her.</p>	<p><b>How can we educate children about refugees and others that are new to the country?</b></p>
	<p><b>If you witnessed this, what would you do?</b></p>

 <p>That food smells and it is weird</p>	<p><b>What are the dangers with misconceptions and myths?</b></p>
	<p><b>How can food unite us?</b></p>



## Scenario Based Questions

	<p><b>How do you confront people that make racist remarks?</b></p>
	<p><b>If you witnessed this, what would you do?</b></p>


	<p><b>Why is it wrong to make assumptions about people based on their appearances?</b></p>
	<p><b>What are the stereotypes associated with ethnic wear?</b></p>


## Scenario Based Questions

 <p>I will get you fired! You don't understand and belong to my country!</p>	<b>Why are threats a form of racism?</b>
	<b>If you witnessed this, what would you do?</b>

 <p>HA HA HA Racist jokes</p>	<b>Why are jokes inappropriate?</b>
	<b>Is it okay to laugh along with a racist joke?</b>

## Scenario Based Questions

 <p>We cannot hire Aboriginals, Black and Indian people. They are lazy.</p>	<p><b>Where do myths around different ethnicities come from?</b></p>
	<p><b>Does the internet, television, and other media platforms fuel racism? Explain.</b></p>

 <p><b>"We are all Canadian"</b></p>	<p><b>What does it mean to be Canadian?</b></p>
	<p><b>What does a Canadian sound and look like?</b></p>

## How Can I Apologize?

We all make mistakes and it is important to learn and correct them

Task: Practise apologizing to someone using the four-part apology.

**Apologize**

**Take  
responsibility**

**Find a  
solution**

**Ask for  
forgiveness**

**1 I am sorry...**

**2 That I ...**

**3 I will...**

**4 Will you forgive me?**

### **Remember:**

- Be sincere
- Take responsibility for your words and actions
- Do not blame the other person
- Allow the other person time to forgive you
- Change your behaviour





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