

WHAT TO DO IF YOU ARE EXPERIENCING RACIST BULLYING BEHAVIOUR

Racist bullying behaviour is when someone verbally, physically or indirectly targets another person based on the colour of their skin, their culture, ethnicity, nationality or race.

Experiencing racist bullying behaviour can be extremely distressing and it can have a hugely negative impact. It is also discrimination (when someone treats you unfairly or wrongly simply because of who you are), is against the law under the Equality Act 2010 and is classed as a 'hate crime' (a crime motivated by prejudice).

Under the Equality Act 2010, it is against the law to discriminate against someone because of:

- age
- disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation
- These are called 'protected characteristics'.

Racist bullying behaviour can often be exhibited covertly through microaggressions (brief and commonplace daily verbal, behavioural or environmental slights or insults, whether intentional or unintentional, that communicate hostility or negativity towards marginalised groups). It is important to remember that the feelings of the person who experiences racist bullying behaviour are valid and that it can be particularly difficult for them to talk about their experiences of microaggressions.

SOME EXAMPLES OF RACIST BULLYING BEHAVIOUR ARE:



Verbal
Racial slurs



Physical
Violence towards someone because of their race, such as hitting, kicking or pushing.



Indirect
Online derogatory memes/images which target a marginalised group based on their race.
Excluding someone or starting a rumour which targets someone based on their race.

If you are experiencing racist bullying behaviour, it's important to remember that you are not alone and that there are people around you who can support you.

HERE ARE SOME THINGS YOU CAN DO:

- Tell a trusted adult, such as a teacher or parent/carer about what has been happening. They will be able to offer support and address the racist bullying behaviour. Keeping things a secret and not telling anyone about what is happening can make you feel anxious, alone and upset, so it's always important to speak to someone you trust about what has been happening and how it has made you feel.
- Do not retaliate. Understandably, this can be difficult but it often makes the situation worse. Instead, make it clear that this action is not right and that their behaviour is upsetting to you.
- It is okay to walk away from the situation, but make sure you tell someone immediately.
- If this is happening online, report the account, take a record of the evidence and block them.
- Remember that racist bullying is a hate crime and if it persists, you should report it to the police. Whatever you do, you must never suffer in silence.
- We know it helps when you keep a journal to write good things about yourself, to remind you that you are unique in your own way, irrespective of what anyone else says.

If you aren't able to speak to a trusted adult about what has been happening, there are lots of organisations who can offer support.

You can call ChildLine on 0800 1111 anytime of day or night to speak with someone about how you're feeling.

You can also contact The Diana Award Crisis Messenger which provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258. Trained volunteers will listen to how you're feeling and help you think the next step towards feeling better.

For further support, read this [BBC Bitesize Article](#) from The Diana Award's Deputy CEO, Alex Holmes.



We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

Give us feedback on this resource:
<https://tinyurl.com/ab-feedback>



[/antibullyingpro](https://www.facebook.com/antibullyingpro)



[@antibullyingpro](https://www.instagram.com/antibullyingpro)



[@antibullyingpro](https://twitter.com/antibullyingpro)



[/antibullyingpro](https://www.youtube.com/antibullyingpro)

The Diana Award is a registered charity (1117288 / SC041916) and a company limited by guarantee, registered in England and Wales number 5739137. The Diana Award's Office, 1 Mark Square, London EC2A 4EG.

All images and text within this resource © The Diana Award and cannot be reproduced without permission.