

Racism is **not** ok

Racism is when actions, attitudes, or systems offend, insult, humiliate, or unfairly treat individuals or groups based on their race, colour, descent, nationality, ethnicity, or migrant status.

By addressing and challenging racism, we can create a more just, equitable, and inclusive world for everyone.



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What to do when facing racism

1. Stay Calm and Safe

Take a deep breath, assess the situation.

2. Seek Support

If you're in a public space, find an ally or report the incident to someone in charge

3. Talk to someone

Share your experience with friends, family, a counselor or a trusted support group

4. Self-Care

Take time to process emotions through mindfulness, exercise, or creative expression

5. Join a Community Group

Connect with organisations that advocate for racial justice and provide support.

If you have concerns, speak up, seek help or seek advice

In an emergency, call:

(000)

**Office of the
Anti-Discrimination Commissioner:**

(03) 61657515

Statewide local call: 1300 305062

Text: 0409401083

Lifeline:

13 11 14



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