

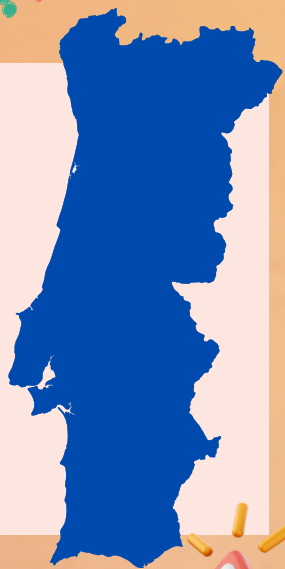
# PREJUDICE & DISCRIMINATION

**Prejudice** is a generalized opinion, formed in advance and without foundation about a person or a group, while **discrimination** is associated with unfair actions and distinctions fed by stereotypes and prejudices, whether conscious or not, which disqualify, despise or stigmatize a person or a group because of certain personal characteristics.

**DISCRIMINATION IS PREJUDICE IN ACTION AND ONE OF THE MOST COMMON FORMS OF HUMAN RIGHTS VIOLATION THAT AFFECTS THOUSANDS OF PEOPLE EVERY DAY!**

By 2023, more than **2.7 MILLION** people witnessed situations of discrimination on portuguese territory.

Ethnic group, race, sexual orientation and nationality are the most common factors in the discrimination observed.



The two contexts where discrimination is most frequent are the **workplace (40.0%)** and **schools (34.6%)**.

Children and teenagers who are discriminated are more likely to get:

- Lower levels of self-esteem, motivation and expectations;
- Mental health problems (i.e. isolation, depression, anxiety, stress, aggression, etc.);
- Negative attitudes towards school and school staff;
- Less ability/willingness to learn and participate in school activities;
- Indiscipline in retaliation for the way they are treated.

They are therefore at greater risk of **SCHOOL ABSENCE**, **SCHOOL FAILURE** and **EMOTIONAL INSTABILITY**.

## A FEW TYPES OF DISCRIMINATION

↪ **GENDER DISCRIMINATION:** Unfair treatment based on socially constructed norms, roles and expectations associated with gender. It affects not only men and women, but also different gender identities (i.e. transsexuals).

E.g.: Barring a woman from becoming head of a company, because that is a leadership position; Mocking a man for crying.

↪ **AGE DISCRIMINATION:** Inferiorization of people because of their age and associated stereotypes. Although it is accentuated in older people, it affects all age groups (i.e. underestimation of young people).

E.g.: Not promoting an older person monetarily; Expressions such as "You're too old for that".

↪ **SEXUAL ORIENTATION DISCRIMINATION:** Discriminatory, prejudiced and unfair attitudes and feelings towards the LGBTQ+ community.

E.g.: Provocative and hostile comments in the presence of a homosexual couple; Expressions such as "You're a faggot!".

↪ **DISCRIMINATION DUE TO DISABILITIES:** Underestimating the abilities and skills of people with illnesses or disabilities (physical or intellectual) because of their limitations.

E.g.: Expressions such as "You're really retarded!", "Four-eyes", "That boy has autism? He looks so normal".

↪ **DISCRIMINATION DUE TO RACE, ETHNICITY AND/OR NATIONALITY:** An erroneous belief that one race, ethnicity or nationality is superior to another. It is associated with rejection, irrational fear, hatred and hostility towards different cultural identities.

E.g.: Attacking a black person because he is seen as a potential criminal; Unjustly accusing a gypsy of theft; Mocking accents, clothing, religion or diet; Expressions such as "Go back to where you came from!".

All discriminatory acts are enshrined in the **Penal Code** and subject to fines or imprisonment, as they are considered **HATE CRIMES**.



## HOW TO ACT IN A DISCRIMINATORY SITUATION?



Intervene with the person who is discriminating.



Report the situation.  
(i.e. to an adult or to higher authorities such as PSP).

Never ignore it!



Ensure the victim's well-being.



This is a very present **social problem** that highlights the inequality, intolerance, injustice and lack of empathy of several centuries.

**There are no races or superior groups. There are people!**

So let's actively confront ignorance and the practices that feed it, in order to transform our world into one that is more inclusive, equitable, peaceful and respectful of diversity!



**GIVE DISCRIMINATION A ZERO!**