

Five Ways to Stand Up Against Xenophobia

Definition: Dislike of or Prejudice of people from other Countries

Talking Xenophobia in **5**ive

5ive Ways to Fight and Xenophobia

2020 Coronavirus fears are fuelling a rise in intolerance and discrimination. Now is your time to speak out against prejudice and hate speech.

Racism is hate. Racists constantly find excuses to expound their hatred — and in this current backdrop of the coronavirus, they've found yet another excuse and reason to blame others they see as not belonging to their group or belong in 'their' country.

1. Celebrate other cultures

There is no real upside to a global health emergency, but it does serve as a powerful reminder that we are all in this together. Coronavirus is a threat to every human being; we must work together to halt transmission and protect the most vulnerable among us. There's little time for them and us, we're in this together, this is humanity, and this is humankind.

Stigmatisation is cruel and counterproductive. Stand up for cultural diversity in your community by supporting local businesses that may be run by immigrants, some are British citizens born and bred right here in this country, many going back generations and every right to be here, it's there country too, either way born, invited, nationalised are working to serve and support our communities through difficult times.

Read your kids stories that celebrate different cultures. Try foods and recipes from a range of culinary traditions. Watch films from other countries with your children.

2. Call out bigotry and hate speech

There has been a disturbing increase in hate speech among Europeans in recent years, often blaming immigrant, refugees and minority groups for the difficulties of their own countries and this country too. If you overhear someone tell a racist joke, speak up and let them know stereotyping isn't harmless. Let your children know they should feel free do the same. There's nothing funny about using "humour" to normalise dangerous ideas and perpetuate ugly stereotypes.

If you see something in the newspaper or on social media that reflects prejudice, write a letter to the editor or leave a comment to let others know that intolerant remarks are unkind and uncalled for.

3. Teach children kindness and how to talk about differences

Prejudice and hate are not innate. They are learned behaviours — and they can be unlearned. Children absorb biases from adults around them, their social environment and from the media, books and even their peers.

So set a good example. The process of countering negatives with positives begins at an early age. Talking about differences does not increase prejudice in children. Make sure children understand we are all human and we all have a right to feel safe and valued. Name calling is not acceptable and will not be permitted.

4. Stand up for people being harassed — intervene if it's safe to do so

If you see someone being harassed or physically attacked, it is important to help if you can do so safely. Make your presence as a witness known. Make eye contact with the person being attacked and ask if they want support. Don't escalate the situation. When the public stands in solidarity with immigrants and marginalised groups, bullies lose their power. Verbal and physical abuse is wrong and should not be tolerated. All people deserve to be treated with dignity and humanity.

5. Support human rights organisations like UNICEF

UNICEF has highlighted and advocated tirelessly for children's rights around the globe for more than 70 years and knows that children need to be seen as children, first and foremost. Human rights are a collective promise made by all countries of the world, including those in distress. Children uprooted by violence, war and poverty need our support, wherever they are. All children deserve to grow up in a safe and healthy environment.

Founded in 1946 UNICEF believes fundamentally and in principle that all children deserve to grow up in a safe and healthy environment. Children who experience discrimination, racism and violence need our support today and need this support to continue.

We can all play a part to put children's needs first regardless where children come from each has the right and deserves to be kept safe from harm.

How children are internalising violence against people of colour is a child rights issue, many children from all cultures backgrounds found the death of George Floyd extremely traumatic and are living through and awakening of what is world affairs surrounding social injustices. Systemic racism is a child rights issue.

UNICEF has highlighted and advocated tirelessly for children's rights and we along with you have a role to play and must actively demonstrate in our daily lives and in our communities' children and their rights come first, and know that all children deserve to grow up in a safe and healthy environment. Children who experience discrimination, racism, violence and trauma need our support, right now, today, tomorrow and in years to come!

BLACKLIVESMATTER.UK are aligned with UNICEF advice on tackling Xenophobia and has to a great extent used extracts and then enlarged on its pointers on talking Xenophobia.

BLACKLIVESMATTER.UK
