

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love....”



-Nelson Mandela

American Psychological Association. (n.d.) Talking to kids about discrimination. Retrieved from <https://www.apa.org/helpcenter/kids-discrimination>

Harvard T.H. Chan School of Public Health. (2018) Discrimination in America: Final summary. Retrieved from <https://cdn1.sph.harvard.edu/wpc-content/uploads/sites/94/2018/01/NPR-RWJF-HSPH-Discrimination-Final-Summary.pdf>

# dis·crim·i·na·tion

/dəˌskrɪməˈnāSH(ə)n/

noun: **discrimination**; plural noun: **discriminations**

1. the unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex.

*Unfair,  
Undeserved,  
Not Right*

*Harmful*

*Damaging*

**Common Types:** Discrimination can be based on race, age, sex, gender identity, disability, religion, belief, pregnancy, and maternity.

**Prevalence:** Harvard T.H. Chan School of Public Health reported a survey that showed the majority of Black Americans, Whites, Latinos, Native Americans, Asian Americans, Women, and LGBTQ people feel that their group currently faces discrimination in America (2018).

**Impact:** According to the American Psychological Association (APA), discrimination has been associated with anxiety, depression, obesity, high blood pressure, and substance abuse. The health problems are thought to be caused by chronic stress that comes with being at risk of discrimination (n.d.)

**Responding:** When faced with discrimination, focus on personal strengths, seek a support system, join a group, focus on other topics, and seek professional help (APA, n.d.).

