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RACISM, HISTORY, EFFECTS AND HOW TO COMBAT IT

Racism or Racial inequality is a worldwide problem that is faced currently in the world today, this has been going on for over decades despite the abolishment of slavery and the amendment in the constitution that states that "everyone is equal and deserves to be treated as such".

Racism is the prejudice or discrimination directed to a person on the basis of the membership, ethnic group, belief or color. It is also the belief that one's race is superior (majority) or inferior (minor) to another. Racism can be dated as far back as the 18th century through the notion of biological race without any scientific basis. It is deeply rooted in the system and this is known as "*systematic discrimination*".

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The first documented case of this systematic discrimination was following Germany's defeat in World War I, the anti-semitism was deeply exploited by the Nazi Party, which seized power in 1933 implementing policies which allowed the mass murder of Jews in Germany.

The second documented Apartheid-era in South Africa, where racism dictated that different races should be segregated from one another and that it was unnatural of different races to marry.

Historically, those who were openly racist thought that members of low status race (minorities) should hold low status jobs and those of dominant race (majorities) should hold more high status jobs. Racism was at the heart of North American slavery and the colonization in 18th century. The idea of race was meant to differentiate the people of European origin and those of African descent whose ancestors was involuntarily enslaved and transported to America, characterizing Africans and their African-American descendants as lesser human beings despite the claims of human freedom. By 19th century, racism had matured and taken a different face while spreading around the world. In many countries, leaders began to think societies as ethnic components basising them on racial terms to designate "higher" and "lower" races, those seen as the lower race were exploited for their labour, and discrimination against them became a common pattern in many areas of the world. The expressions and feelings of racial superiority that accompanied colonialism generated resentment and hostility from



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Despite constitutional and legal measures aimed at protecting the rights of racial minorities in the United States, the private beliefs and private belifes and practices of many Americans remained racist, and some group of assumed lower status was often made scapegoat. That tendency has persisted well into the 21st century.

The effect of this racial discrimination includes; daily insult, disrespect, acts of physical violence which resulted in low physical esteem, physicological, emotional damage and trauma along with mental difficulties experienced.

The are many ways to combat racism the few icludes; includes; keeping evidences, don't take the abuse, telling someone, getting others involed, signing petitions, donations to non-profit organisations.

