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**TOPIC: RACISM**

**RACISM**

What exactly is Racism and what effect does it have in the world as a whole. Racism can be defined as the prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership of a particular racial or ethnic group, typically one that is a minority or marginalized.

As hard as it is to say, racism has been present for centuries. Racism being the main topic this 2020 has made everyone come to realisation that the discrimination of someone based on their skin colour has to stop. It has come to the realisation that racism is having so many effects in our environment. I’ll be highlighting some of these effects that we can observe in our environment.

Racial discrimination is recognised as a key social determinant of health and driver of racial/ethnic health inequities. Studies have shown that people exposed to racism have poorer health outcomes (particularly for mental health), alongside both reduced access to health care and poorer patient experiences.

Discriminatory effects can cumulate over lifetimes and across many generations; that is, discrimination against parents in one generation may directly affect outcomes for their children and indirectly affect life opportunities for subsequent generations. The children of parents who are discriminated because of their skin colour tend to also experience such discrimination which can lead to them not receiving equal rights with other race.

It affects the mentality of children, children who see their parents discriminating other people based on their skin colour tend to grow with the mentality that that particular race does not deserve to be given same treatment as them and feels like the race is inferior to him/her race.

Racism affects the safety of the discriminated race. The race discriminated tend to live a conscious life because some racists have been known to be harmful and might seize any opportunity they get to harm others who they think shouldn’t be treated equally. Sometimes it might not just be a regular citizen but a police officer, it’s been known that officers feel threatened by black people more than the white men and women. They assume that black people are dangerous and this can all be traced back to the colour of their skin, the cops who are meant to protect their people end up still discriminating them, because of this, black parents have taken it upon themselves to educate their children on the dangers of being pulled over by a cop or being arrested for a crime they didn’t commit and how they should go over it without there being any further problem or in some cases, provoking the cops with might lead to a serious problem and end up losing their lives.

Racial discrimination can also cause the mental or physical abuse of a child in school. Racist bullying in schools can range from ill-considered remarks, which are not intended to be hurtful, to deliberate physical attacks causing serious injury. Racist bullying can be identified by the motivation of the bully, the language used, and/or by the fact that victims are singled out because of the colour of their skin, the country they come from, their ethnic grouping or by their religious or cultural background. Firstly, children who experience it have their education disrupted. They may be unable to concentrate on lessons because of feelings of fear or anger. Their self-confidence may be damaged and, as a result, they may never fulfil their potential.

Secondly, schools that ignore it give the wrong message to young people. The success of our diverse society depends upon the children of today growing up to be adults who are prepared to speak out against racism. Adults with racist views can find themselves in serious trouble and crimes motivated by racism and other forms of hate lead to heavier sentences - so it is important for young people using racist language to be helped to understand that this is wrong.

In conclusion, individuals who lack the knowledge of other races and cultures should be educated and enlightened on the different culture backgrounds and diversity around us because everyone is unique in his/her own way, and no one deserves to be judged just because of the colour of their skin.