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TOPIC: RACISM AND ITS EFFECTS

Racism has existed throughout human history. It is the belief that a particular race is superior or inferior to another. It may be defined as the hatred of one person by another or the belief that another person is less than human because of skin color, language, customs, place of birth or any factor that supposedly reveals the basic nature of that person.

In addition, racism has been recorded in history for years now but the most controversial that has been recorded even till date is the racial war between the white and the blacks. As of recent times an unarmed black man was killed for no reason which gave rise to awareness to support that justice be given to George Floyd and he's family because just as a white man's life matters so vice versa the black lives matter. Many prominent figures have faced racism head on. Examples of these shining stars are;

1. Nelson Mandela (late *madiba*) - as a boy, Nelson Mandela was a victim to racial segregation and was denied he's rights as a human. As he grew he sought to put an end to

racial segregation but to accomplish this he was put in prison multiple times until in 1994 when he became the first black president in South Africa.

2. Mohandas Gandhi – he was a great figure in the history of India. He was against violence and helped India to gain their independence from the British.
3. Martin Luther king jr. – he was one of the greatest leaders of the civilization movement who fought against racial discrimination. In 1963, he's speech called '*I have a dream*' he said that he had a dream that he's children will live in a nation where they will not be judged by the color of their skin but by the content of their character. This was what sparked a lot of movements.
4. Rosa Parks- on December 1, 1955, she was ordered by the bus driver to stand up from her seat for a white man but she refused because she had had enough with the racial discrimination and this action of her led to other movements.

However racism has its effect on human beings. According to the University of Southern California, racial discrimination can lead to chronic inflammation which can promote heart attacks, metastatic cancer and therefore a threat to human health. It affects human beings physiologically and psychologically. Moreover this can be

prevented if we accept each other and stop discriminating.