

SPEAK UP

against
discrimination



Freedom from
Discrimination

What is discrimination ?

Discrimination is the unfair treatment of someone based on their

- race
- religion
- age
- gender
- sexuality
- socio-economic status
- where they live
- mental & physical abilities.

Discrimination is a serious abuse of human rights



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I Will Speak Up! Against Discrimination

I commit to respond to discrimination because what we say and do matters.

In speaking up against discrimination I will:

- *Speak up when I hear or see discrimination*
- *Be mindful of my own behaviours*
- *Set limits on what is said or done around me*
- *Seek help and help others work against discrimination.*

SIGN THIS CARD. PLACE IT WHERE IT CAN BE SEEN.
ENCOURAGE OTHERS TO JOIN IN.

Name _____

Date _____

Signature _____