

Discriminatory Practices: Self-Assessment

(Recognizing and Taking Action)

Name: _____

Discriminatory Practices (in school and/or community)	Check if Recognized	Comments (Optional)
Put-downs: Snubbing or humiliating others		
Gossip: Spreading rumours and unsubstantiated information		
Ignoring: Refusing to acknowledge or take notice of someone		
Judgemental: Frequently criticizing other individuals or groups		
Isolating: Separating or cutting someone out of a group		
Blaming: Finding fault with or accusing others, often unfairly		
Lack of respect: Not considering someone to be important		
Labelling: Stereotyping or classifying someone as a member of a group		
Name-calling: Using abusive language and insults		
Physical altercation: Punching, tripping, fighting		
Racism: Treating someone differently because of racial background		

Actions against Discriminatory Practices (individual or seen in others)	Check if Taken	Comments (optional)
Acknowledging that there is a problem of discrimination		
Recognizing that I have my own issues and prejudices		
Seeking to help others understand me better, tell my story		
Speaking up for myself instead of remain quiet and passive		
Becoming more outgoing and assertive		
Making decisions and seek greater control over my life		
Stopping feeling guilty and blaming myself		
Taking full responsibility for my own actions		
Learning more about rights and responsibilities		
Speaking out when I see discrimination		
Joining a group to share and work with others		