Let's stand against Racism

Racism, what is the first thing that comes into your head after hearing this word? Isn't it; black people, discrimination, America, and injustice? It has been rooted in our society from ancient times and is still going on, either directly or indirectly. It is a belief that there are human groups with specific characteristics which makes them superior or inferior to others. Our society treats and judges people on the basis of race or color. It has become a serious disease which is responsible for increasing disparities in mental and physical health of a person.

Audre Lorde had said, "It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." Before dividing our races, at first we need to understand we all are human beings, and as a human everyone needs to be treated equally and with full dignity. No one should be discriminated either on the basis of race, gender or any other form of discrimination. For superior races (as per our society), it might not be a big deal to tease or treat them (inferior race people) unfairly, but for inferior people it is a huge problem which might make them question their own birth and life. They are unable to take sound breaths and live happily, whether it is in their workplace, community or at public places. Marney A. White (2020) has reported that people who are the victim of racism are also the patient of depression, stress, emotional disorder, anxiety, post-traumatic stress disorder, and suicidal thought. The continuous discrimination and hatred towards a person can lead to serious mental health disease. Race should not be the measurement tool of a person's character, behavior, patriotism, etc.

The reason for the persistence of racism is the leader of a country, parents, and we citizens. The leader of the country has not implemented rights to equality law in a proper way; as a result people are going through racial discrimination. Children from white community are learning to hate and think black people are not a part of their society in many parts of the world.

Whereas, children from black community start to hate themselves for being black skin and slowly might start to think they do not belong to this society. From an early age they started to discriminate against people on the basis of race which they saw and learned from their family. Media should stop highlighting only white people or specific groups of people who are good looking or have better personalities. In movies, we are seeing white people are the main lead and people with brown or dark skin are the villains. It has created a mindset in peoples' heads that white people are always good and black people are the bad one. People have started to raise their voice against racism however, it is still continuing. It is not easy to eradicate racism as it has become part of our culture, tradition and belief. We can see racial discrimination in every part of the world, not only in America, Africa or in Canada. It might be in a different form, but it still exists in this modern world.

To end racism from the root is hard but not impossible. If we all want and work together, we can end racism. Each and every person from all over the world should start to speak in the favor of racism. Everyone from their place have to contribute and stop the racial discrimination. If we see any racial discrimination around our surrounding we must not close our eyes by saying it is not related to us. We need to speak for it. We have talked a lot about racism, now it's the time to say goodbye to racism. We can do it by supporting each other and giving equal respect to all people despite their race, gender, and religion.