How to deal with racist people

Racism is the belief that everyone of a particular race has characteristics, abilities, or qualities specific to that race, and using these to make them feel inferior or superior to another race.

Most racists attack people because of their skin colour or ethnic group. This leads to discrimination and sometimes violence.

Racism can be overt or covert, strong or casual, and even lateral (within the same group).

If you have been targeted by racists, don’t suffer in silence it will just hurt you more. Below are a few suggestions that can help you deal with racist people.

React calmly
Convey disapproval or discomfort.
Question their use of the words or action.
Convey your feelings.
Don’t get triggered.
Like the (c) ARA method.

Address the issue
Focus on the words and action, not the person.
Avoid calling someone ‘racist’, they’ll defend or escalate.
Beware of professional racists.
Point out what breaks social norms.

Clarify intention
Ask: “What do you mean?”
Some start to explain, realise they’ve been offensive, and stop.
This is a relatively gentle way to convey offence.
No need to deliver a lecture or engage in an argument.

Document it
If it is safe, take photos, videos, or screenshots.
This might be used as evidence to support your point of view.
Be careful not to challenge the racist.

Get emotional
Control your anger to avoid stress.
Consider them “learners”,
Remain calm.
Expect ignorance.

Reveal details
Racists love details about your life.
They will use your data against you.
They will twist details to fit their needs.

Try to educate
Avoid teaching. You’ll trigger a big, long debate.
Avoid preaching. Most racists don’t listen.
It’s better to walk away instead.
Educate only people who are important to you.

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