



**Ambitious
about Autism**

Racism Explained

An easy-read guide explaining
race and racism





Everybody looks different.

Lots of people have different skins colour.



People experience things differently because of their different skin colours.



Some people are treated badly because of their skin colour.

This is racism.



Racism happens every day and everywhere in the world, including the UK.

It mostly affects people who are not white.



Having negative opinions about someone because of their skin colour is wrong.



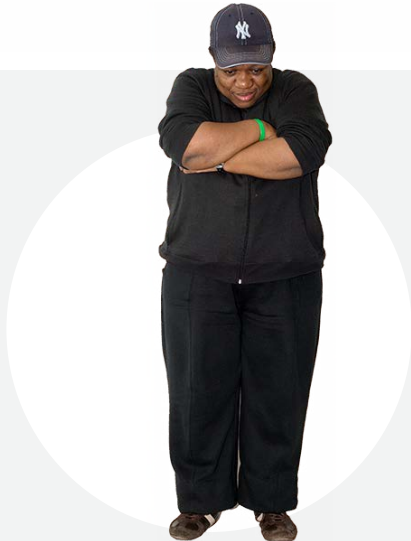
Judging someone because of their skin colour is wrong.



Assuming all people will behave or talk a certain way because of their skin colour is wrong.



Treating someone unfairly because of their skin colour is wrong.



There are lots of different ways racism can hurt and offend people.



Racism can be bullying someone because of their skin colour.



Racism can be excluding people because of their skin colour.



Racism can be not giving people the same opportunities because of their skin colour.



Racism can make people feel hurt.



Racism can make people feel misunderstood.



Racism can make people feel left out.



Racism can make people feel upset and angry.



Some people can find it difficult to understand how racism feels.

Because they have not experienced racism.



If somebody is hurt or offended by racism, it is important to listen to them and learn why.



Something might not be offensive to you but might be offensive to another person.



Stopping racism or being anti-racist is important.



If you are comfortable, you can talk about your experiences and listen to others.



You can include people who look different to you.



You can challenge something if you think it is racist.



Always remember, you can talk to an adult if you have been affected by racism.

We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

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