

Eradicating Socially Inherited Prejudices and Biases

Racism **STOPS** with **YOU**

Everyone is heir to a social inheritance, whether we like it or not. The legacy of social inheritance is the set of beliefs and prejudices that you are taught as you grow up, by your parents, schools, environment, peers and the wider society, that explains and hard wires in your growing brain, "How the world really works"

Social inheritance tell is what we should think about various categories of people such as politicians, the police, the monarchy, immigrants, refugees, black people, white people, all people that look different from us and socially grouped and classed, rich people, poor people, Africans, Americans, West Indian's Russians, Chinese... and anyone else on the planet who is not like you. Unfortunately social inheritance can be bigoted, racist, classist, hurtful, harmful and very destructive to humankind.

A hardwired prejudice and or racist brain needs to be informed and exposed to different cultures and people to eradicate the pattern of negative notions of they think is, but are often illogical beliefs. Though our brain is hardwired into believing specific things about groups of people it can be positively rewired with through exposures to people of different colours and cultures and most will find how similar people really are and soon that uncomfortable fear of difference and belief of white supremacy relating to skin colour will soon fade,

understanding the differences between all 'races' is often less than 1% in our DNA makeup meaning we are between 99 and 99.9% alike, to figure!

Don't be indifference to Racism

Lack of interest, concern when it doesn't affect you may inadvertently help to sustain racism and harm others.

5ive ways to become an active Ally and help wipe out racism

1. Cross group friendship

- ❖ Make friends with other from as many different cultures you can, when we have friends from different cultures our empathy level rises

2. Fast friends relationships

- ❖ Ask question, you get to know a person by asking questions, you understand different culture by embracing, surrounding an immersing yourself with an open mind to find out how other people live.

3. Exposure

- ❖ With exposure to different people and cultures, listening to life experiences from peoples that you would not normally mix with and or had a preconceived idea can really break barriers and will if

you listen start to feel and through discussion will evoke empathetic emotions with realisation of many similarities rather than dissimilarities we all share as humans.

4. Cultural Shift

❖ After forming friendships with other group and fast getting to know each other as individuals, families we are likely more likely to develop positive understandings and psychological feeling of emotion that grows little by little as you personally interact with others, this starts to create a culture shift within the mind, within households, communities, society, within friendship groups when we begin embracing and celebrating all what we share in a multicultural society rather than what we don't share and within a short talking, listen, sharing life stories, together begins building solid blocks and a cohesive society to enjoy so for the next generation can inherit an enriched life without racism.

5. Racism will significantly decrease

❖ When the balance of racism is reduced and there's tangible racial equality and fairness we'll find over time where there is justice is where we peace for humanity and humankind.

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