How racism hurts kids

Research shows that racism hurts children

How does racism affect your child?

When children are teased or bullied because of their race - or they see a family member experiencing racism - it hurts them.

- poor health, wellbeing and development
- emotional and behavioural problems
- impaired cognitive development
- metabolic diseases
- internalised racism leading to low self-esteem
- reduced access to health care resources

and later in life ...

1. restricted access to employment, housing, education
2. negative thoughts
3. wear and tear on the body due to stress
4. unhealthy coping behaviours like substance abuse or not enough exercise
5. physical injury from racist violence

This infographic is brought to you by All Together Now. We promote the prevention of racism in Australia.

Designed by www.alltogethernow.org.au

This graphic is based on an international systematic review. Hiest, N., Paredes, Y., Hemmery, B., Tran, M., Farson, S., Kelly, Y. A systematic review of studies examining the relationship between reported racism and health and wellbeing for children and young people. Social Science & Medicine 15 (2013) 115-127.