

I was racially abused in front of my child ...

Kids are mean to me because of where | come from

My students are often racist to each other in class ...



Research shows that racism hurts children



## How does racism affect your child?

When children are teased or buffied 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.

5. physical injury from racist violence

4. unhealthy coping behaviours like substance abuse or not enough exercise 1. restricted access to employment, housing, education

effects of racism on adults

2. negative thoughts

3. wear and tear on the body due to stress

This graphic is based on an international systematic review: Priest, N., Paradies, Y., Trenerry, B., Truong, M., Karlsen, 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 95 (2013) 115-127.

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

—Designed by-

www.alftogethernow.org.au