We can choose lots of things in life but we can’t choose our parents or our racial background.

Racism has been the motive behind assault, vandalism, ridiculing and humiliating people,   
deliberately excluding people.

The more these experiences accumulate, the greater the chances of psychological distress, depression, anxiety.

This suffering is not only very serious, it is 100% preventable.

The overwhelming number of Victorians want more to be done to stop the ugliness of racism.

The majority of Victorians are willing to act when it comes to the crunch.

1 in 4 would feel uncomfortable if they saw a racist incident but wouldn’t act.

But the good news is…every single one of us has the power to do something about racism.

You don’t have to be a superhero and risk your own safety. You can call ‘000’ for help or the Victorian Equal Opportunity and Human Rights Commission to report an incident.

You can film the incident.

Support the victim and support others who step up.

Change policies and practices in our workplace or sports club to make them safe and respectful places for people from all cultural and religious backgrounds.

So next time you see racism occurring, don’t just stand by, step up.

[www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)

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