

Introduction

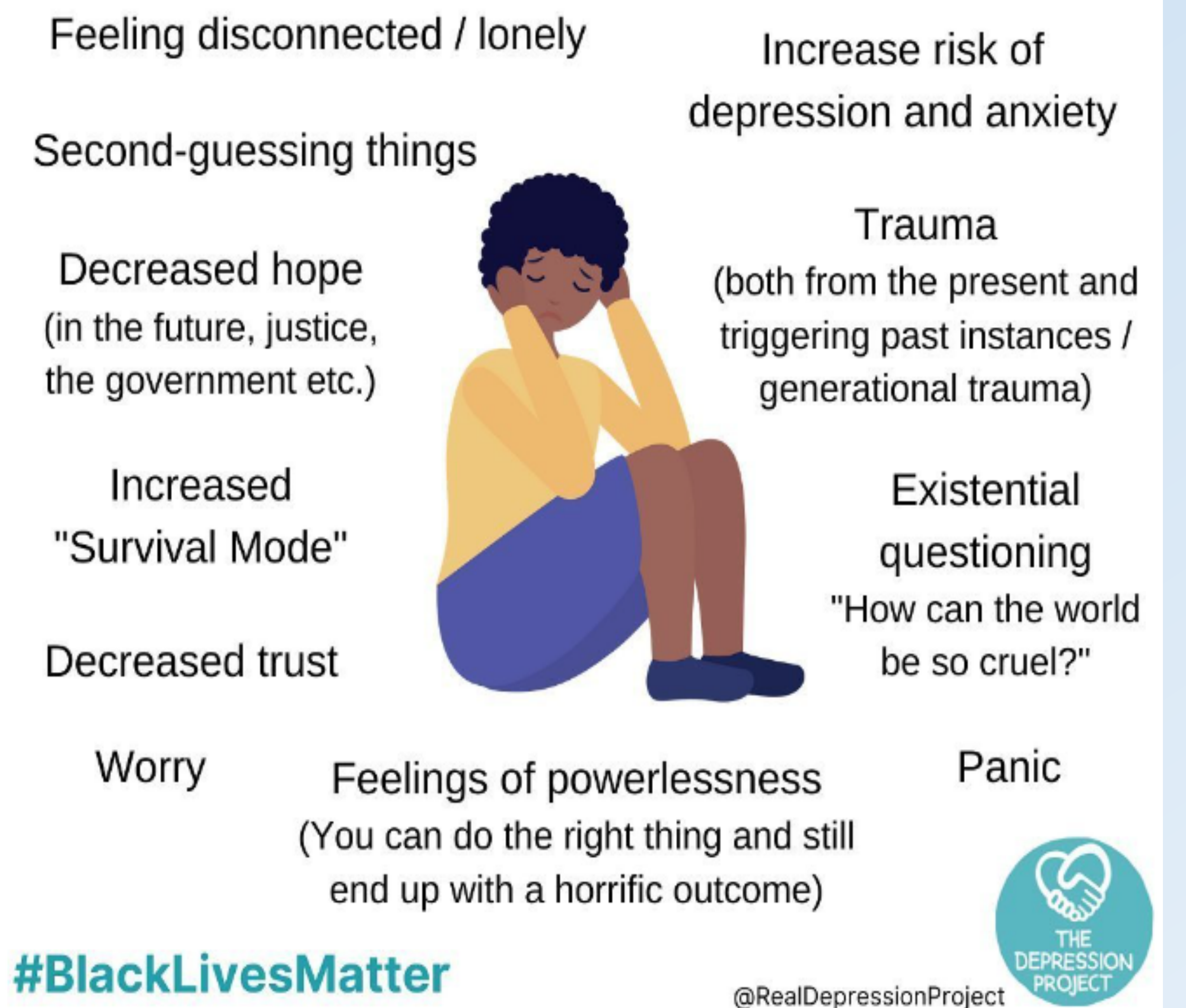
Racism is a widespread phenomenon in many countries of the world but it is not an abstract thing that can be measured accurately. Even in opinion polls, some refuse to recognize their racism, just as some people do not know that they are racists. The definition of racism is very simply to take the human color, nationality, religion, or even the group to which he belongs as a justification for occupying a higher position than others in society, and throughout history the world has seen all types of extreme racism against some of its members. In many countries, people of dark skin have suffered persecution at the expense of white people.

Types & examples of racism

- Prejudice racism.
- Police brutality racism.
- Sexism.
- Race racism.

On May 25, 2020, The Story of George Floyd: a 46-year-old black man, was killed in Minneapolis, Minnesota, while being arrested for allegedly using a counterfeit bill. During the arrest a white police officer knelt on Floyd's neck for about 9 and a half minutes after he was handcuffed and lying face down.

Impact of racism on mental health



Statistics

1. India: a child born in an Indian family is taught to respect anyone with white skin
2. Israel occupation of palestine: this is evident in the crimes committed against the people of Palestine.
3. USA: racism against Asians, Africans, South Americans, or even Native Americans, as cases of hatred due to skin color have been recorder in the past.
4. South Africa: racism continued in South Africa until the rule of Mandela.

Success Story

No one is born hating another person because of the color of his skin, or his background, or his religion. People learn to hate, and if they can learn to hate, they can be taught to love.

- 1-On the 18th of July, 1918: nelson Mandela was born.
2. There are important achievements for nelson Mandela against racism.
- 3- On 1994: Nelson Mandela became president
- 4-Establishment of Spear of Nation organization.

References

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- 2.https://en.m.wikipedia.org/wiki/Killing_of_George_Floyd.
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- 4.<https://www.kharbsha.com/article/the-most-racist-countries-in-the-world-857.html>.
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