

Guided Reflective Journal Reflection 6: To me racism is

If I had to explain to someone what racism is, what would I say?

Racism is the harmful believe system that discriminates people and groups based on their race and ethnicity. Racism is prejudice against individuals which can be observed in many forms such as social actions, practices and political system. Racism is to be considered that it creates difference among the various human racial groups, culture and usually evolving the idea that one 's own race is superior and has right to dominance on others all and rest are recognised as inferior groups.

• In my opinion, is there racism in Canada? What about in Canadian schools?

Canada is multicultural country where people of various cultural background living together and contribute to it rich tapestry of cultures, traditions and languages and it is possible that racism exists in various parts of Canada. However, in my personal observations and environment I did not face racism. At my workplace, my educational institute as well as in society I am receiving equal benefits and opportunities regardless of different social background group.

If I discuss about schools during my pre- internship, I noticed that students are treated equally and with fairness in school, regardless of their race, ethnicity, colour, and other characteristics. All students are provided with same educational facilities as well as resources. In many schools there are policies and guidelines to promote equity and non-discrimination.

• Are there instance(s)/event(s) that I witnessed and/or experienced that I think racism was at play? How did I feel? How did I react?

Racism is indeed an issue in several regions of Canada, it is known for its multiculturalism and diversity. I am also an immigrant. I am living here for one and half year and throughout my time here I have not encountered any instances of racism. I have realised that people have interacted with to be genuinely welcoming and inclusive. To illustrate, in my workplace colleagues from diverse backgrounds collaborate harmoniously and I have made friends from different

ethnic groups without any discrimination, moreover, I am treated with respect and affection in my university and class. Although it is importance to remember that people's experiences can vary, some individuals may encounter racism, while others may not, but I personally feels that Canada is promoting a respectful and inclusive society as well as trying to provide equal rights and facilities to all residents.