



RACISM

Contemporary Problems in Urban Sustainability

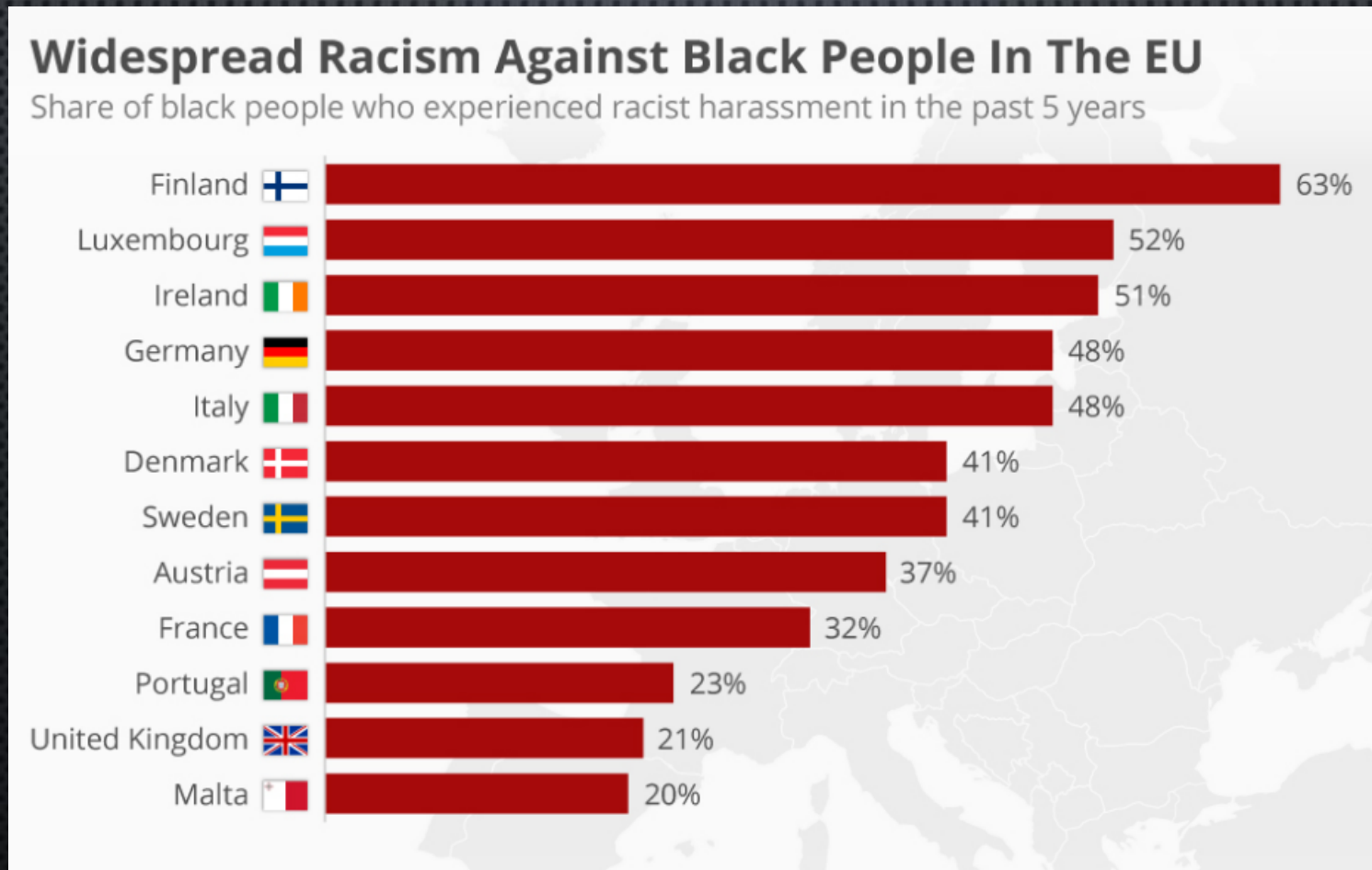
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What Is Racism ?

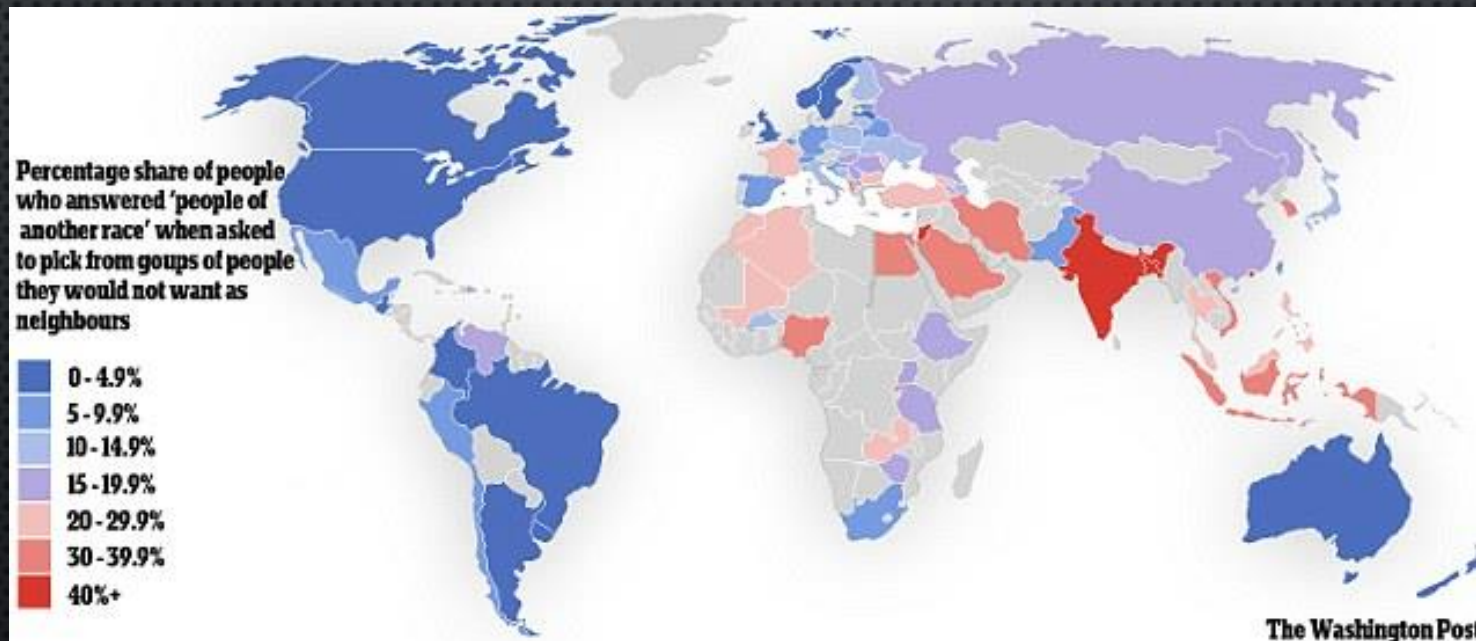
- Prejudice, discrimination, or antagonism by an individual, community, or institution against a person or people on the basis of their membership of a particular racial or ethnic group, typically one that is a minority or marginalized.



- According to the research, Finland has the highest rate of racism in the EU with 63 percent respondents saying they had been racially harassed. Luxembourg and Ireland were second and third highest with 52 and 51 percent respectively.



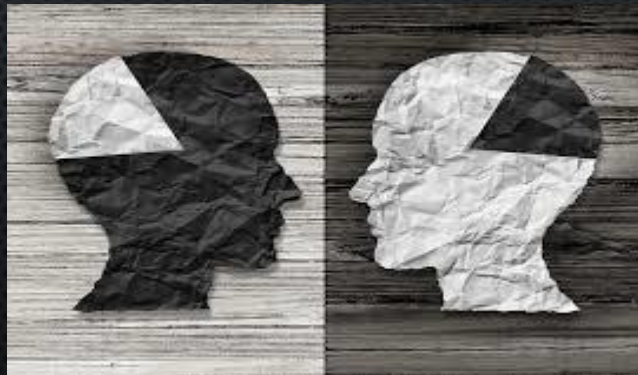
- Percentage share of people who answered people of another race when asked to pick from group of people they would not want as neighbours.



TYPES OF RACISM

1) INTERNALIZED RACISM

- Internalized racism is defined as “the acceptance, by marginalized racial populations, of the negative societal beliefs and stereotypes”.
- It is the personal conscious or subconscious acceptance of the dominant society’s racist views, stereotypes and biases of one’s ethnic group. It gives rise to patterns of thinking, feeling and behaving that result in discriminating, minimizing, criticizing, finding fault, invalidating, and hating oneself while simultaneously valuing the dominant culture.



- The negative beliefs about oneself by people of color is example of internalized privilege.



- White supremacy, beliefs and ideas purporting natural superiority of the lighter-skinned, or “white,” human races over other racial groups. From the 19th to the mid-20th century the doctrine of white supremacy was largely taken for granted by political leaders and social scientists in Europe and the United States.



2) INTERPERSONAL RACISM

- This is the bias that occurs when individuals interact with others and their personal racial beliefs affect their public interactions. Interpersonal racism includes maltreatment that the targeted individual attributes, at least in part, to conscious or unconscious racial/ethnic bias on the part of the perpetrator of the maltreatment.



3) INSTITUTIONAL RACISM

- This refers to the unfair policies and discriminatory practices of particular institutions (schools, workplaces, etc.) that routinely produce racially inequitable outcomes for people of color and advantages for white people. Individuals within institutions take on the power of the institution when they reinforce racial inequities.

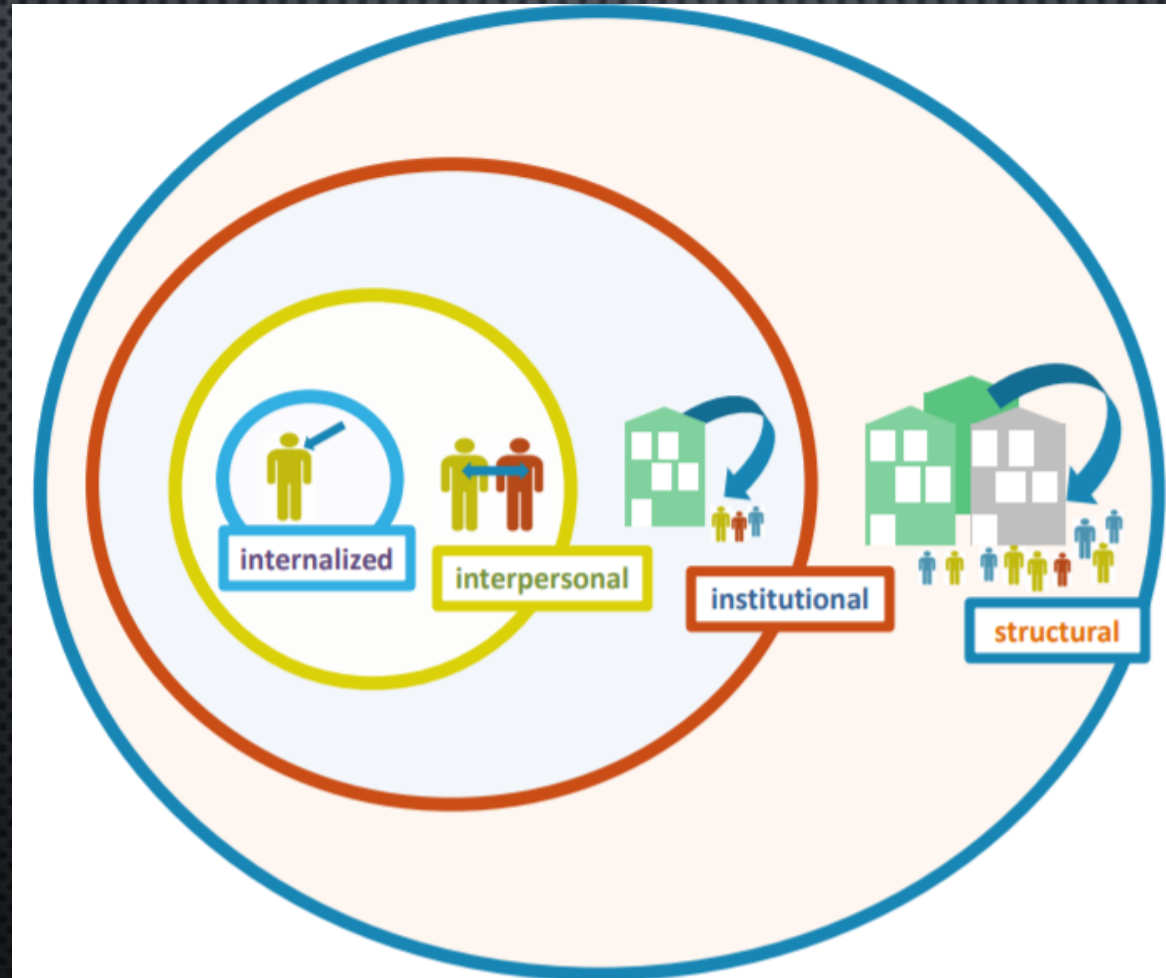


4) STRUCTURAL RACISM

- This involves the cumulative and compounding effects of an array of societal factors, including the history, culture, ideology and interactions of institutions and policies that systematically privilege white people and disadvantage people of color.
- Indicators of structural racism include power inequalities, unequal access to opportunities, and differing policy outcomes by race. Because these effects are reinforced across multiple institutions, the root causes of structural racism are difficult to isolate. Structural racism is cumulative, pervasive, and durable.



Scheme Of Types Of Racism



- Sociologists say that "**We are not born racist. Racism is taught and learned. Anything that has been learned can be unlearned.** We are educating ourselves further. If you don't know what to say, then just showing solidarity and listening with an open heart is a good start. Without awareness, change is impossible."





No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

- Nelson Mandela

What Racism Causes ?

Mental Health

The 2015 meta-analysis found that racism is twice as likely to affect mental health than physical health. Of those the researchers sampled, BIPOC who reported experiences of racism also experienced the following mental health issues:

- depression
- stress
- emotional distress
- anxiety
- post-traumatic stress disorder (PTSD)
- Suicidal thoughts



Physical Health

- There is considerable research to suggest that the stress associated with experiencing racism can have long lasting physical effects. Stress can elevate blood pressure and weaken the immune system, which, in turn, raises the risk of developing long-term health conditions.
- Stress as a result of racism can also lead to behaviors that may cause further risk to physical health. For example, research has found that discrimination is linked to higher rates of smoking, alcohol use, drug use, and unhealthy eating habits.
- Also, a 2019 study found that racist experiences appear to increase inflammation in African American people, raising their risk of developing chronic conditions such as heart disease and kidney disease.

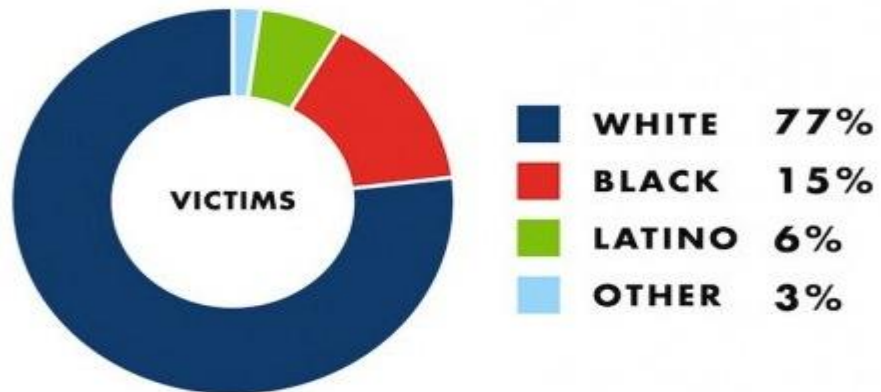
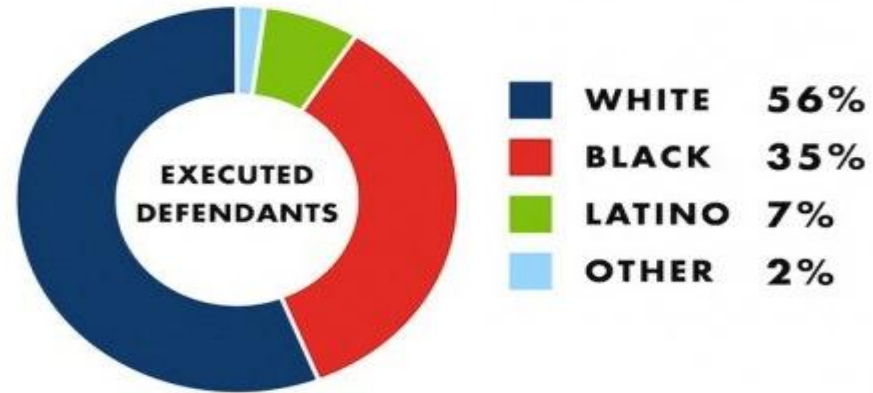


- Racism leads to polarization and grouping in society. We can experience this in every moment of life. Football fans even show bananas to black soccer players at football matches.



Execution Rates To Races

DEATH ROW DEMOGRAPHICS SINCE 1976



GEORGE PERRY FLOYD JR.

- (October 14, 1973 – May 25, 2020) was an African American man killed during an arrest after a store clerk alleged he had passed a counterfeit \$20 bill in Minneapolis. A white police officer named Derek Chauvin knelt on Floyd's neck for a period initially reported to be 8 minutes and 46 seconds.
- After this situation, great protests started in the country, because most people believed that it happened because of racism.



How Can Racism Be Reduced ?

- One approach that seems to help is to encourage egalitarianism — the belief that all people are equal in worth and status, and therefore we all deserve both equal rights and opportunities. Egalitarianism is at the heart of the founding of America, in the Declaration of Independence, in the phrase “that all men are created equal.”



- Psychologists know that intergroup contact reduces prejudice and racism. That is, when people talk to and regularly communicate with people in their outgroup (e.g., people of a different race or ethnicity), their racism and prejudice can be reduced. This could be viewed as a potential psychological benefit connected to desegregation in the 1970s and 1980s — busing white children into intercity schools and African-American children into suburban schools. By exposing each group to the other group, friendships would form and prejudice would decrease.



- Racism is a difficult challenge to address. It will not just disappear overnight, but it can be reduced with conscious effort on an individual's part to do so.



Thanks For Listening Me. Do You Have Any Questions ?



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