

RACISM. IT STOPS WITH ME.

For many Aboriginal and Torres Strait Islander Australians, racism is an everyday reality. Too many people experience racism in the street, their workplaces, and their schools, causing lasting harm.

Discrimination and racism can cause severe health problems amongst victims. Race based discrimination is associated with depression, anxiety, illicit substance use, psychological distress and poor health status. Research conducted by [the Lowitja Institute](#) shows the risk of high or very high levels of psychological distress increases as racism increases.

Racism by the numbers

Reconciliation Australia's [2018 Australian Reconciliation Barometer](#) found racism was still a major issue faced by Aboriginal and Torres Strait Islander peoples. [Read the full report.](#)

- **33%** of Aboriginal and Torres Strait Islander people have experienced at least one form of verbal racial abuse in the last 6 months.
- **43%** of Aboriginal or Torres Strait Islander respondents having suffered at least one form of racism. The most common forms were verbal abuse, refused entry or physical violence.
- **50%** of Aboriginal and Torres Strait Islander people believe media portrayal of Aboriginal and Torres Strait Islander people is usually negative vs 42% of Australians in the general community.

Make racism stop with you

We can each take action to ensure racial discrimination is never acceptable in Australian society. Learning about the histories and cultures of Australia's First Peoples will allow us to build a deeper understanding of one another, and help us to call out racism when we see it.

- [Share our Pride](#) to become more aware and knowledgeable about Aboriginal and Torres Strait Islander cultures in Australia.
- Ask your workplace about starting a [Reconciliation Action Plan \(RAP\)](#).
- Find out how our school or early learning service can be part of [Reconciliation in Education with Narragunnawali](#).
- [Learn how to be a good ally](#) to Aboriginal and Torres Strait Islander peoples.
- Read [10 positive ways non-Indigenous Australians can engage](#) with Indigenous matters.
- Learn [how to speak up against racism](#) at home, at school, in the workplace, and online.
- Sometimes racism is directed at an individual. If you experience this, or witness it happening to someone else, there are three things to remember: [Support | Record | Report](#).
- Sign up to [Racism. It Stops with Me](#) to find out how to counter racism when you see it.

The Australian Human Rights Commission is the independent body which investigates and resolves complaints about racism and discrimination. If you feel you have been discriminated against, you can [make a complaint](#) no matter where you live in Australia.

