



Discrimination



A definition

There is discrimination when someone is treating one person or group of people less fairly or less well than other people or groups. It can be because of their gender, their ideas, their origins.



Why is this important?

With the anonymity allowed by social media, lots of people discriminate against others because they think they will not be caught. Sometimes, it can be hard to identify discrimination. It can be disguised as a joke, for instance.



Tips and tricks

- ➔ Know your rights. In the European Union, discrimination can be punished by law. You can find them [here](#), on the European Commission website page called “Non-discrimination”.
- ➔ Before sharing anything on your social media, ask yourself if it could hurt someone, even if it seems funny to you. When you write something you think is non-problematic but is, in fact, hurting someone, it is called a microaggression. It can be hard to spot but try to be empathic and think about what you want to say twice before posting.
- ➔ Each social media platform has its “terms and conditions”, including what is forbidden or what consequences one would get if they break such rules.
- ➔ Step up when other users are victims of discrimination or violence is a sign of civic courage. You don't have to take part, but you don't have to stand idly by either.
- ➔ Talk with your students about the limit not to cross using social media, and how to differentiate jokes and discrimination. You can let them think about how they would react if they were confronted with discrimination themselves, or even talk about law and infractions.



Useful resources and tools



This article from the Council of Europe on “[Tackling Discrimination](#)” explains the concept of discrimination and provides facts, figures and tips for schools.



SAFETY RESOURCES



UNESCO page on [Discrimination and racism](#) provides some resources and tools (at the bottom of the page) to fight against discrimination and overcome the challenges.



[UNESCO has a playlist](#) of short videos (around 2 minutes long) about fighting discrimination to empower students and spread awareness on how to deconstruct the mechanisms underlying racism and discrimination.



UNESCO guide on "[Addressing hate speech on social media: contemporary challenges](#)", (2021) provides information and tools.