

DISCRIMINATION? → NO THANK YOU!

STRATEGIES FOR DEALING WITH EVERY DAY RACISM.

People affected by Anti-Muslim racism are harassed in a wide variety of ways in their everyday lives.

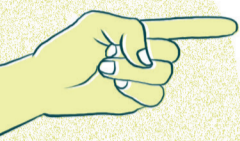
This happens on the one hand verbally i.e. through questions, allegations, or insults stemming from racist prejudices and attitudes, and on the other hand non-verbally by being shoved or overpowering/piercing stares.

Have you had these types of experiences and do you want to know how to react?



BE AWARE:

every situation is different. The most important thing is that you listen to your feelings and assess for yourself which reactions are right for you. If you find yourself in a situation that is very aggressive, the most important thing is to get yourself to safety.



1. Remain calm and determined!

DISPLAY CONFIDENCE:

body language is important, so take up space through your posture and sit up straight.

REACT CALMLY BUT SET BOUNDARIES:

when you respond, make sure your voice is clear, calm, and determined.

BE VIGILANT:

be aware of what is happening around you and of people who may be able to help you.

DO SOMETHING UNEXPECTED:

ask questions about the comment that the person made. Often times this does not correspond to the expected reaction and will confuse your attacker.

CAUTION: do not get involved in a discussion or provoke the person with your statements.

CALL OUT RACISM:

don't get personal, but refer to the racist behavior.



Stop staring at me.

What are you trying to say to me?

What you're saying is racist.

2. Find help and support!

Talk to people standing near you. You can either ask them to step in or just engage them in a conversation.

If you are followed on the street, find a busy place to stay put or ask other people if you can walk with them.

Send your location to friends. If the situation becomes threatening, you should call the police.



Hello, can you tell me what time it is?

I'm being harassed, can you help me?

3. Document the incident!



You can record the situation with your mobile phone, so that you have proof for later.

It's a good idea to keep a memory log of the situation and write down everything you can remember while it is fresh in your memory. You can also record a voice message for this.

Reporting is important. You can contact us at redar.berlin and/or contact a counseling center. Also, file a police report in cases where criminal proceedings may be relevant.

