



# BEYOND BLACK AND WHITE: THE COMPLEXITIES OF PREJUDICE



*"Understanding prejudice is the first step towards dismantling it. By recognizing our biases, challenging stereotypes, and promoting empathy, we can all become allies for a more inclusive world."*

## **Unconscious Bias:**

We all have hidden biases, shaping how we see people. Studies show over 90% of us have some racial bias, even if we don't realize it.

## **Stereotypes and Microaggressions:**

Stereotypes create inaccurate assumptions, while microaggressions are subtle jabs that chip away at self-esteem. Globally, close to one in six people experience discrimination based on any grounds, highlighting the pervasiveness of stereotypes.

## **Breaking the Cycle:**

We favor our own group and might not intervene when we witness prejudice (bystander effect). By recognizing our biases and becoming active allies, we can challenge prejudice.



1

*Fight prejudice by stepping outside your comfort zone*

2

*Unmask your own biases*

3

*Build empathy*

