

# Anti Discriminatory Practice



- Discrimination is treating someone unfairly or less well than others. The Equality Act 2010 makes it illegal to discriminate against the 'protected characteristics'

These include

- Age
- Disability
- Pregnancy
- Race
- Religion
- Sexual orientation



**Make a list of behaviours that would discriminate**

Eg ignoring someone

Not giving out necessary information

# Discriminatory behaviours



- Ignoring
- Making insulting comments on social media
- Excluding
- Spreading rumours
- Taking part in hate crimes
- Making someone look silly in front of others
- Not giving out necessary information
- Making unkind remarks



How would discrimination make someone feel?

Eg Create low self esteem

The effects of discrimination

- Feeling isolated and depressed
- Disempowerment (loss of control over their life)
- Physical health problems such as skin or digestive issues
- Low self esteem and anxiety
- Feeling suicidal

# Promoting Anti discriminatory practice - Summary



There are many way of promoting anti discriminatory practice in H&Sc

- Having patience with others who do not speak English very well
- Ensuring effective communication so the person can understand
- Showing tolerance towards people who have different beliefs from you
- Respecting peoples individual choices
- Not getting involved in any discriminatory behaviour shown by others
- Challenge any unkind or discriminatory behaviour



*Paulina who is Polish is 11 years old, she has only been in the UK for 6 months and is new at the local school. The students are celebrating Christmas and listening to Carols.*

**1. How could the school and other pupils ensure anti discriminatory practice?**

*They could ask Paulina about Christmas songs in her country and find out how she celebrates Christmas. They could talk about other different beliefs and traditions. They could find some examples of Polish carols and listen to them.*

*They should ensure Paulina understand instructions and translate important information into Polish to make this easier for her.*

**2. Come up with three Health and Social care scenarios and then explain what would be good anti discriminatory practice.**

Eg Derek is 88 and has limited mobility and is very hard of hearing, he is struggling to access his local doctors surgery as there are 4 steep steps...