

## About Bias

- Bias includes stereotyping, prejudice, and discrimination.
- A stereotype is a generalization, often negative, about a group of people. (“All \_\_\_\_\_ are sneaky and dishonest.”)
- A prejudice is a judgment, often negative, about a person or a group. (“I can’t stand those \_\_\_\_\_.”)
- Discrimination is negative behavior towards someone based on prejudice or stereotyping. (“None of those \_\_\_\_\_ will be allowed in our club.”)
- Bias is related to bullying. Often, bullies pick on people who are “different”.

## Biased? Not Me!

Yes, you... and everyone else, too. We all have biases, even ones that we are not aware of. The important thing is to notice our own biased thoughts and actions and try to change them.

## Interrupting Bias

If you are present when bias is being expressed, it is important that you say or do something to interrupt. By keeping quiet and doing nothing, you support the bias. Here are some things to try:

- Say how you feel about the remark or action. You might say, “It really bothers me when...” or “It’s not fair when...” or “It’s not cool to ...”
- If someone makes a biased comment, ask why he or she thinks this way. Try to understand his or her point of view. Use active listening to make sure you understand. Then see if the person is willing to discuss the issue with you.
- Reach out to the person or group who is being stereotyped or discriminated against. Get to know them. Stand up for them when they are put down.

## Did You Know...?

Besides the big “-isms” like racism and sexism, many students cite forms of bias such as “looks-ism,” “size-ism,” and “clothes-ism” as being typical of their group.