

How systemic discrimination works

Participant handout

1. Pre-viewing activity

What I know about systemic discrimination	What I want to learn about systemic discrimination

2. Post-viewing activity

Who should be responsible for addressing systemic discrimination? What role can individuals play?	What is one action you will commit to? Even taking time to learn more is an important action!

3. To learn more

BC's Office of the Human Rights Commissioner (BCOHRC) has developed the following resources to support further learning about systemic discrimination.

BCOHRC Systemic discrimination [webpage](#)

In addition to hosting the systemic discrimination infographic and conversation guide, BCOHRC's Systemic Discrimination webpage includes an introductory video and conversation guide, as well as the definitions and examples of systemic discrimination.

BCOHRC Systemic discrimination [video](#)

This short video provides an introduction to systemic discrimination. The accompanying conversation can be used by groups to delve deeper into the topic and make connections with daily life.

Introduction to systemic discrimination [webinar](#)

Through real-life stories and examples, this free 90-minute session introduces the key characteristics of systemic discrimination, provides useful tools to identify it, and explores its impacts.

Systemic discrimination: What we can do [webinar](#)

This session reviews key take-aways from the introductory webinar, shares examples of actions to address systemic discrimination and explores strategies to support successful actions.

Human Rights Code [webinar](#)

This free 90-minute session explores B.C.'s human rights system and uses scenarios taken from real-life cases to explore our rights and responsibilities under B.C.'s *Human Rights Code*.

4. Self-care

Today's discussion may bring up feelings now or in the days ahead. The following resources may be helpful:

Community supports

BCOHRC's [Who Can Help webpage](#) includes a list of community supports which may be helpful.

Connect with others

Reaching out to people who may have similar experiences with systemic discrimination can help you to process and work through these feelings and to consider collective actions.