

## RACE/ETHNICITY CARD

**Article 3(1) of the Constitution:** All citizens have equal social dignity and are equal before the law, without distinction of sex, **race**, language, religion, political opinions, personal and social conditions.



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**WHAT IS RACISM?** Racism is based on the mistaken belief that, like animals, humans are divided into races. It is a theory based on inequality and the division of humanity into 'superior' and 'inferior' races. According to this theory, man's biological heritage determines not only individual behaviour, but also the cultural, political and economic developments of groups and societies. By establishing this connection between racial traits and social evolution, racist conceptions consider certain races to be superior and capable of building more " advanced " societies.



**WHAT IS ETHNICITY?** Ethnicity used to have a restrictive meaning, indicating individuals who shared anthropological and cultural characteristics; later, the principle of dynamic exchange between different human types was accepted, safeguarding only cultural and linguistic unity. An ethnic group may consist of individuals who are morphologically dissimilar, but who share common cultural elements. The term ethnicity emphasises the feeling of belonging to a community that shares language and culture.

**WHEN WAS RACISM BORN?** Racism is as old as mankind. Everyone believes that the best race is their own, and this belief triggers **hatred and hostility**. Each individual belongs to a social group and feels a deep impulse to act in accordance with their group, to gain support or, if necessary, to provide it. Recognising oneself as part of a group of equals creates a **sense of security**.



**HOW DOES RACISM ORIGINATE?**

Racism is the 'easy' answer to the complexity that comes from difference. It is a way of speeding up reasoning, a cognitive economy, a 'mental laziness' from which stereotypes are born, that is, generalised descriptions based on a few obvious characteristics, sometimes positive but most of the time negative.

I am not a racist but....

Italians first

There are too many of them, it's an invasion.

Why don't you host them in your house?

Let's help them at home.

Someone's making money out of good intentions.

We are the masters in our own house.

We put them up in hotels and they demand

They bring diseases.

**THE ROOTS OF RACISM:** At the root of racism there are also other elements such as jealousy, envy, over-valuation of one's own person and group; disregard for others.

**ARE WE BORN RACIST?** No one is born racist, we become racist when our models and education are wrong and when our thinking is guided by prejudices and stereotypes.

**WHO IS THE RACIST?** the racist is someone who thinks that the differences between human beings can be a threat to his own well-being. A person becomes racist basically because of a prejudice against someone else. Often, this idea stems from a person's fear and apprehension of someone they do not know, such as a foreigner, someone with different skin or different ideas. Being born in one place rather than another should not be a guilt to be made to feel inferior and superior.



**HOW TO FIGHT RACISM?**

- Read, be informed, travel and be open to the world,
- avoid toxic narratives, strive to create shared environments to overcome fears,
- be open to differences, appreciate diversity,
- listen, talk and confront others,
- do not pretend nothing: denounce racist incidents,
- feel like citizens, who consider themselves and recognise others as equal among themselves and before the law.