

# What is racism?

## Easy read information



**A member of staff or a carer can support you to read this information. They will try to answer any questions that you have.**

# Everybody is different



People have different skin colour.

People wear different clothes.



People eat different foods.



People speak different languages or have different accents.



People have different beliefs or religions.

## What is racism?



Some people are treated badly because of their skin colour, religion or way of life.

Treating people differently for any of these things is racism.



Racism happens every day and everywhere.

# What are different kinds of racism?

These could be things like:



- Saying hurtful things to someone because of their skin colour, religion or way of life.
- Upsetting someone because of their skin colour, religion or way of life.



Sometimes people are treated unfairly because of their skin colour, religion or way of life.

These could be things like:

- Being left out or ignored
- Being bullied
- Difficulties getting a job
- Thinking all people with the same skin colour, religion or way of life will behave, talk or think in the same way.



# How does racism hurt people?

Racism can make people feel:



- Scared

- Sad



- Angry



Racism can affect people's mental health and make people feel alone.

# What can happen if people say or do racist things



Hurting someone because of their skin colour, religion or way of life is a hate crime.



Calling someone names because of their skin colour, religion or way of life is a hate crime.

**Hate  
Crime**



Hate crime is against the law.



Staff must report hate crime to the police to keep everyone safe.

The police may come and talk to you about hate crime.



The police may take you to court for hate crime.

# What can people do differently?

We can:



- Be kind to everyone.



- Listen to others.



- Learn about racism.



If you see racism happening, you should tell someone you trust.



If you make a mistake, you should say sorry.

You can also say:

- “I’m sorry for what I did”
- “You did not deserve that”
- “What can I do better next time?”

# Your thoughts



What have I learnt from reading this?

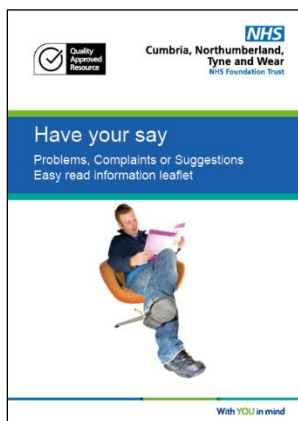


Am I worried about anything?



What will I do differently?

# Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service, then please let staff know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre on telephone 0191 246 7288.

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