



... for parents

## 5.4 BEING DIFFERENT WITHOUT DISAGREEING

### Fighting against prejudice

Your child has taken part in an OFF-TRAIL workshop on **prejudice**. They learned what prejudice is, how to recognize its **effects**, and how to take **action** against it.

### DID YOU KNOW?

To be prejudiced is to make a thoughtless, categorical judgment about a person or group of people without really knowing them. Because prejudices are transmitted to us by everything around us (our social environment), we need to become aware of them and, above all, work on ourselves to get rid of them.

## NOW IT'S UP TO YOU!

Ask your child to explain what prejudice is, and let them discuss it openly, giving examples. You can use the following questions as inspiration to open the discussion:

- What is a prejudice? Can you give me an example?
- What actions can you take to combat prejudice at your school, in your class, with your friends?

You can also watch this video on prejudice with your child:

<https://youtu.be/lsI31fj4VOE>

To hear this content:



Find out more about the OFF-TRAIL program:



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