

Do You Take Action Against Racism and Prejudice?

“All prejudices are against the will and plan of God.” —‘Abdu’l-Bahá

When you’re sick, it helps when you take extra care to heal the illness in your body and to stop the spread of germs to others. You may rest, eat healthy food, and take medicine.

Racism and prejudice are like a disease in our society. Everyone gets infected, even if we don’t realize it. This illness hurts us all. Instead of ignoring it and hoping it goes away, we need to treat it.

Your actions can have a big impact. Learn about the history of racism. Get the facts about unjust policies and practices. Try to catch your own prejudiced thoughts or behaviors and change them. Build true friendships with diverse people.

We can all work to help stop the disease of racism from spreading. With persistent effort, our world can heal, becoming a unified home for all people.

Circle your answers, then add up your points.



1. I try to make friends with people from all races and backgrounds.
Often = 3 • Sometimes = 2 • Rarely = 1

2. I choose books and TV shows with diverse characters.
Often = 3 • Sometimes = 2 • Rarely = 1

3. When I have a prejudiced thought, I try to identify it and question it.
Often = 3 • Sometimes = 2 • Rarely = 1

4. I do service projects with others to help build unity among all people.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I listen and try to do better when someone says my words or actions are hurtful.
Often = 3 • Sometimes = 2 • Rarely = 1

6. I talk to my family about racism and how we can help stop it together.
Often = 3 • Sometimes = 2 • Rarely = 1

7. I learn about the history of race and racism.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I reflect on my actions each day to see what I did well and what I can improve.
Often = 3 • Sometimes = 2 • Rarely = 1

9. I talk to a trusted adult if I hear a racist comment or see unfairness.
Often = 3 • Sometimes = 2 • Rarely = 1

10. I listen when someone shares their hurt or anger about racism.
Often = 3 • Sometimes = 2 • Rarely = 1

11. I pay attention to the experiences of people who have fewer privileges than me.
Often = 3 • Sometimes = 2 • Rarely = 1

12. I learn about the different cultures that make up my community.
Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36–28 POINTS You’re focused on helping to stop racism and build healthy communities. Keep up the great work!

27–20 POINTS You recognize the symptoms of racism and work to stop it. Choose a tip from the quiz to practice.

19–12 POINTS You’re learning to take action against racial prejudice. Choose a few tips from the quiz to develop your skills.