

AMNESTY  
INTERNATIONAL



LUXEMBOURG

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WITH BEING  
AFRAID.

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# DISCRIMINATION

## WHAT IT IS & HOW TO FIGHT IT

DOSSIER 2022

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Cover picture: © Getty Images

# 1 WHAT IS DISCRIMINATION AND WHERE DOES IT COME FROM?

## 1.1 DEFINITION OF DISCRIMINATION

Discrimination strikes at the very heart of being human. It is harming someone's rights simply because of who they are or what they believe. Discrimination is harmful and perpetuates inequality.

**We all have the right to be treated equally, regardless of our appearance, ethnicity, nationality, class, caste, religion, belief, sex, gender, language, sexual orientation, gender identity, sex characteristics, age, health or other status.** Yet all too often people suffer cruelty simply for belonging to a “different” group from those in positions of privilege or power.

Discrimination occurs when a person is unable to enjoy his or her human rights or other legal rights on an equal basis with others because of an unjustified distinction made in policy, law, or treatment.

**At the heart of all forms of discrimination is prejudice based on concepts of identity, and the need to identify with a certain group.** This can lead to division, hatred and even the dehumanization of other people because they have a different identity.

Discrimination can be direct or indirect. **Direct discrimination** is treating one person less favourably than another is, has been or would be treated in a comparable situation, because of a characteristic that is protected by law. For example, if a person is turned down for a job because of their skin colour. **Indirect discrimination** is a practice, criterion, action, or policy that is neutral on the surface but actually disadvantages members of a protected group. For example, if pets are not allowed in a coffee shop, that means that a visually impaired person with a service dog cannot go in either.

The right to enjoy human rights without discrimination is one of the most fundamental principles underlying international human rights law, which appears in virtually every major human rights instrument, for example in Article 2 of the Universal Declaration of Human Rights:

*“Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.”*

## 1.2 WHY DO WE DISCRIMINATE?

### **By fear, ignorance...**

Discrimination is usually caused by a lack of openness, prejudices, and false beliefs that we may have. What is unknown, new and/or unusual is frightening. This provokes an attitude of rejection, exclusion and/or even violence. It is like a protective instinct: we attack first because we are afraid of being attacked.

### **By a form of laziness**

Another explanation can be found in the difficulty one may have in adapting, in making efforts, in giving up one's habits. Indeed, welcoming "different" people often implies having to adapt the environment, to make concessions, to modify one's habits.

### **By training**

In the phenomenon of discrimination, there can be an individual attitude but also a strong group influence. Individuals may not accept other individuals for this or that reason, important to them. Society can also be responsible for discriminatory acts (e.g. the non-accessibility of premises to people in wheelchairs).

## 1.3 THE ROLE OF POLITICS

In many parts of the world, the politics of blame and fear is on the rise. Intolerance, hatred, and discrimination is causing an ever-widening rift in societies. The politics of fear is driving people apart as leaders peddle toxic rhetoric, blaming certain groups of people for social or economic problems.

Some governments try to reinforce their power and the status quo by openly justifying discrimination in the name of morality, religion, or ideology. **Discrimination can be cemented in national law, even when it breaks international law** – for example, the criminalization of abortion which denies women, girls, and pregnant people the health services only they need. Certain groups can even be viewed by the authorities as more likely to be criminal simply for who they are, such as being poor, indigenous, or black.

## 2 DIFFERENT FORMS OF DISCRIMINATION

Since discrimination itself is based on stereotyped thinking and classification of people, a typification of discrimination is difficult without following those concepts. The following overview should thus not be seen as complete or clear-cut categories. It is also important to keep in mind that many people are subjected to several types of discrimination at the same time or in different situations of their live.

### 2.1 RACISM AND ETHNIC DISCRIMINATION



*Sign from a demonstration against racism and police violence after George Floyd's killing by Minneapolis police officers on the 25th of May 2020. The video of this brutal event shocked the global conscience and drew attention to the many other victims of the systemic, anti-Black racism of the current US criminal legal system. George Floyd was one out of over 1,000 lives taken every year at the hands of the law enforcement officers in the United States. Photo: © Amnesty International / Jarek Godlewski*

Racism affects virtually every country in the world. It systematically denies people their full human rights just because of their supposed “racial” appearance, ethnicity, or descent. Racism unchecked can fuel large-scale atrocities such as the 1994 genocide in Rwanda and more recently, apartheid and ethnic cleansing of the Rohingya people in Myanmar.

The term "race" is problematic - especially in German usage - because it is associated with a scientifically untenable biologicistic concept and is not understood as a social construction.<sup>1</sup> To derive biologically different "human races" on the basis of external characteristics lacks any scientific basis. The term stands for a long history of racist extermination and violence. UNESCO noted as early as 1950 that it stands for a social construct that has caused immeasurable suffering.<sup>2</sup>

**Example:** Israeli authorities must end unlawful killings, willful injury, arbitrary arrests, torture and other ill-treatment, persecution, and collective punishment against Palestinians, including many children, which have been escalating since Israeli Prime Minister Naftali Bennett took office in June 2021. (Read the full Amnesty statement here: <https://www.amnesty.org/en/documents/mde15/5589/2022/en/>)



*Palestinian woman in front of the ruins of her house. Since the establishment of the State of Israel in 1948, entire Palestinian communities have been displaced and hundreds of thousands of Palestinians' homes have been demolished. More than 6 million Palestinians remain refugees, the vast majority of whom live in refugee camps including outside of Israel/ Occupied Palestinian Territories (OPT). There are over 100,000 Palestinians in the OPT and another 68,000 inside of Israel at imminent risk of losing their homes, many for the second or third time.*

*Photo: © REUTERS/Ammar Awad*

<sup>1</sup> Hendrik Cremer, "... und welcher Rasse gehören Sie an?" Zur Problematik des Begriffs "Rasse" in der Gesetzgebung, hrsg. vom Deutschen Institut für Menschenrechte, 2. Aufl., 2010, [www.institut-fuer-menschenrechte.de](http://www.institut-fuer-menschenrechte.de)

<sup>2</sup> UNESCO, Statement on Race, Paris 1950

**In the News:** France’s highest administrative court decided in July 2022 to uphold a lower court ruling which banned the use of full body “burkinis” in Grenoble’s public pools after the city had proposed to allow women to wear what they want when swimming in its public pools. (Read full article here: <https://www.amnesty.org/en/documents/eur21/5778/2022/en/>)



*Women in head scarf talk to a woman in swimming garments in Antwerp at the beach party protest against the ban of Burkini's in France.  
Photo: © 2016 Pacific Press*

## 2.2 DISCRIMINATION AGAINST NON-NATIONALS (XENOPHOBIA)



Amnesty activists at the “Unteilbar” demonstration 2021 in Berlin, organized by a broad civil society alliance.  
Photo: © Amnesty International / Jarek Godlewski

Attitudes, prejudices, and behavior that reject, exclude, and often vilify persons based on their status as non-nationals are called Xenophobia. This includes in a broader sense all people who are perceived as outsiders or foreigners to the community, society, or national identity. This type of discrimination is frequently based on racism or notions of superiority and is often fuelled by politicians looking for scapegoats for social or economic problems in a country.

**Example:** In Europe, the Roma number approximately 10 to 12 million and represent the largest ethnic minority. In Romania, Bulgaria, Slovakia, Hungary, and the Balkans, they represent up to 10% of the population. In these countries, Roma populations have adopted a sedentary lifestyle, but they are often marginalized (specific occupations, habitats, culture, and language). They form well identified communities, victims of strong prejudices.

## 2.3 DISCRIMINATION AGAINST RELIGIOUS GROUPS



*Activists at a petition handover in Paris demanding the Chinese authorities to free the detainees in in China's Xinjiang Uyghur Autonomous Region. Hundreds of thousands of Muslim minority men and women are subjected to mass internment and torture in this region. Millions of Muslims are subjected to systematized mass surveillance by the Chinese government and Muslim ethnic groups are forced to abandon their religious traditions, cultural practices, and local languages.*

*Photo: © Benjamin Girette*

Discrimination can be directed against any religion or sect as well as people not sharing a specific belief or atheists. The discrimination against members of religious groups and beliefs or people perceived as belonging to them, is closely related to other types of discrimination, particularly to discrimination based on (perceived) ethnicity and xenophobia. The systematical persecution of the Rohingya, a mainly Muslim minority, in Myanmar is one example for this.

Members of religious minorities are particularly often persecuted. In Yemen for example, among those subjected to unfair trial on trumped up charges and flagrantly unfair proceedings are many people from the Baha'i faith.

Anti-Semitism is once again showing itself to be more uninhibited and violent, for example in Germany where a synagogue was attacked on the 9 October 2019 in the city of Halle. Both in digital media and on the streets, anti-Semitic conspiracy ideologies and violence are becoming openly apparent.

Islamophobia, the discrimination against Muslims and those perceived as Muslims, is a longstanding human rights concern and has been amplified in the counterterrorism context in Europe, the United States, and other parts of the world. In the last two decades in particular, Muslims' lawful religious, cultural, and political activities and affiliations have been construed as "dangerous" enough to justify significant restrictions on individual rights.

**Example:** Since 2013, the Egyptian authorities have failed not only to protect Coptic Christians from repeated sectarian attacks against their communities, but also to bring those responsible for such violence to justice. According to the Egyptian Initiative for Personal Rights (EIPR), an independent Egyptian human rights group, less than 40% of requests to build or repair churches have been conditionally approved since the law came into effect, while only 20% of applicants were granted final approvals. The EIPR has documented at least 36 cases of violence against Coptic Christian communities between 2016 and 2019. Many of the incidents of violence are sparked by disagreements over the construction or renovation of Christian places of worship.

## 2.4 DISCRIMINATION AGAINST LGBTIQ+ PEOPLE



*Amnesty activists at the Pride March 2022 in Esch-sur-Alzette. Pride Parades are organised around the world in commemoration of the police raid of a LGBTIQ+ bar called the Stonewall Inn in Christopher Street in New York City, 28th June 1969. They are a way to show the LGBTIQ+ community's demands for acceptance and legal equality as well as a way for allies to show their support and solidarity. Pride festivals are banned in several countries around the world, including Russia, Saudi Arabia, Uganda, and Turkey.  
Photo: © Amnesty International Luxembourg*

Everywhere in the world, people face discrimination because of who they love, who they are attracted to and who they are. Lesbian, gay, bisexual, transgender, intersex, and queer (LGBTIQ+) people risk being unfairly treated in all areas of their lives, whether it's in education, employment, housing, or access to health care, and they may face harassment and violence. In all too many cases, LGBTIQ+ people are harassed in the streets, beaten up and sometimes killed, simply because of who they are. A spate of violence against trans people has claimed the lives of at least 369 individuals between October 2017 and September 2018. Many intersex people around the world are forced to undergo dangerous, invasive, and completely unnecessary surgeries that can cause life-long physical and psychological side effects.

**Homophobia:** The irrational fear or hatred of homosexuals, homosexuality, or any behaviour or belief that does not conform to rigid sex role stereotypes.

**Example:** According to data from Human Rights Watch, at least 69 countries have national laws criminalizing same-sex relations between consenting adults.<sup>3</sup> In addition, at least nine countries have national laws criminalizing forms of gender expression that target transgender and gender nonconforming people. In 71 countries, homosexuality is illegal. In several countries homosexuality is even punishable by death. Everyday life can also be made up of threats and humiliations in words or deeds, which can go as far as aggression.

**Headline / In the News 22.07.2022:** Lebanese authorities have unlawfully banned peaceful gatherings of LGBTIQ+ people. The ban violates LGBTIQ+ people's constitutional rights to equality, free expression, and free assembly and Lebanon's obligations under international law and comes during an economic crisis and a worsening climate for the rights of LGBTIQ+ people in the country.

### LGBTIQ+ Glossary

There are many terms used to understand sex, gender, sexuality, and identity; we only present a few here. You can find more terms here: [https://www.amnestyusa.org/pdfs/AIUSA\\_Pride2015Glossary.pdf](https://www.amnestyusa.org/pdfs/AIUSA_Pride2015Glossary.pdf)

**Asexual** – Person who is not sexually attracted to anyone or does not have a sexual orientation.

**Bisexual** – A person emotionally, physically, and/or sexually attracted to males/men and females/women. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.

**Cisgender** – describes someone who feels comfortable with the gender identity and gender expression expectations assigned to them based on their physical sex.

**Intersexed Person** – Someone whose sex a doctor has a difficult time categorizing as either male or female.

**Pansexual** – A person who is sexually attracted to all or many gender expressions.

**Transgender** – A person who lives as a member of a gender other than that expected based on anatomical sex. Sexual orientation varies and is not dependent on gender identity.

<sup>3</sup> [http://internap.hrw.org/features/features/lgbt\\_laws/](http://internap.hrw.org/features/features/lgbt_laws/)

## 2.5 GENDER DISCRIMINATION



Activists marching in Luxembourg City to mark International Women's Day. Since 1975, 8 March has been a rallying point for feminists worldwide. Established by the UN, it has traditionally been a moment to celebrate women's achievements while highlighting serious inequalities.  
Photo: © Amnesty International Luxembourg

In many countries, in all regions of the world, laws, policies, customs and beliefs exist that deny women and girls their rights.

In the ongoing battle for justice, hundreds of thousands of women and girls take to the streets to claim their human rights and demand gender equality. In the USA, Europe and Japan, women protested against misogyny and abuse as part of the #MeToo marches. In Argentina, Ireland and Poland, women demonstrated to demand a stop to oppressive abortion laws. In Saudi Arabia, they called for an end to the driving ban, and in Iran, they demanded an end to forced *hijab* (veiling).

Globally, 40% of women of childbearing age live in countries where abortion remains highly restricted or inaccessible in practice even when allowed by law, and some 225 million do not have access to modern contraception.

### Example: Menstruation and the taboos around it

Samikshya Koirala, from Nepal, got her period for the first time at the age of 11. Not only was she banished from home for five days, but she was also forbidden from

touching male members of her family for 11 days and was not allowed to enter the kitchen for 19 days.

**In the news:** More than half of all American Indian and Alaska Native women have experienced sexual violence in their lifetime; one in three have experienced rape. Since Amnesty International first reported on this issue in 2007, rates of violence against Indigenous women have not significantly changed, and the US government continues to fail to adequately prevent and respond to such violence. (Full article here: <https://www.amnesty.org/en/documents/amr51/5571/2022/en/>)

## 2.6 DISCRIMINATION BASED ON CASTE



*All India Congress party workers shout slogans during the protest against Bharatiya Janata Party (BJP) led central government on the issue of heinous atrocities against the Scheduled Caste and Dalits in India on Aug 12, 2021 in New Delhi, India.*

*Photo: © Anadolu Agency via Getty Images*

Discrimination based on work and descent (also referred as caste discrimination) is widespread across Asia and Africa, affecting over 260 million people, including those in the diaspora. Owing to their birth identity, people from these communities are socially excluded, economically deprived and subjected to physical and psychological abuse. Discrimination based on work and descent is deeply rooted in society, it manifests itself in everyday lives, in individual perceptions to culture and customs, in social and economic structures, in education and employment, and in access to services, opportunities, resources and the market.

### **Example: caste-based discrimination in India**

Discrimination and violence against Dalit and Adivasi people by state and non-state actors are widespread and often go unpunished. According to official statistics, more than 50,000 crimes against members of Scheduled Castes and 8,272 crimes against Scheduled Tribes were reported in 2020. Dalit and Adivasi women faced sexual

violence by men from dominant classes. Many faced discrimination in accessing public services.

The Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities) Act – aimed at prosecuting crimes against Dalit and Adivasi people – is often not used by the police while registering offences, leading to under-reporting of such crimes. Conviction rates under the law are also low.

An official census stated in July 2015 that over 180,000 households were engaged in “manual scavenging” – the practice of cleaning up human waste carried out mainly by Dalit people, despite laws prohibiting the practice. Human rights defenders have said the census figure is an underestimate.

## 2.7 DISCRIMINATION BASED ON DISABILITY (ABLEISM)



*Gulzar Duishenova lost mobility after a car accident involving drunk drivers in 2002. In 2006, when she met people with similar problems, she became an active and very vocal member of civil society in Kyrgyzstan campaigning for equal access to health services, employment, infrastructure for women with disabilities. She is very brave in speaking out on issues that are not comfortable for many, including her family; such as right to health and independence for women with disabilities, right to accessible hygiene products.*

*Photo: © Amnesty International*

According to the World Health Organization, over 1 billion people – about 15% of the world's population – experience disability. This number is increasing due to a rise in chronic health conditions and population ageing. Even though, around the world people with disabilities must grapple with stigma, being ostracized, and treated as objects of pity or fear.

Developing countries are home to about 80 per cent of people with disabilities, according to the UN Development Programme. The overwhelming majority of people with disabilities – 82 per cent – live below the poverty line. Women with disabilities are two to three times more likely to encounter physical and sexual abuse than women without disabilities.

**Example:** For a report in 2015, Amnesty International's researchers spoke to people with disabilities in Somalia who face greater abuse, are often seen as a burden or as easier targets to attackers. Women and girls with disabilities said they are forced into marriage to older and/or abusive men in their families' bid to rid themselves of the perceived burden of having disabled children.

## 2.8 DISCRIMINATION BASED ON AGE (AGEISM)



*Abul Hossain, around 85 years old, sits in his shelter in Camp #1 West (Kutupalong Camp), Bangladesh, 19 February 2019. He said he struggles to navigate the camps' hilly terrain, which makes it difficult for him to access the latrine and health facilities. "The distance [to the latrine] is not so far, but the problem is that it's not flat land. I'd have to go up and down the hills."*

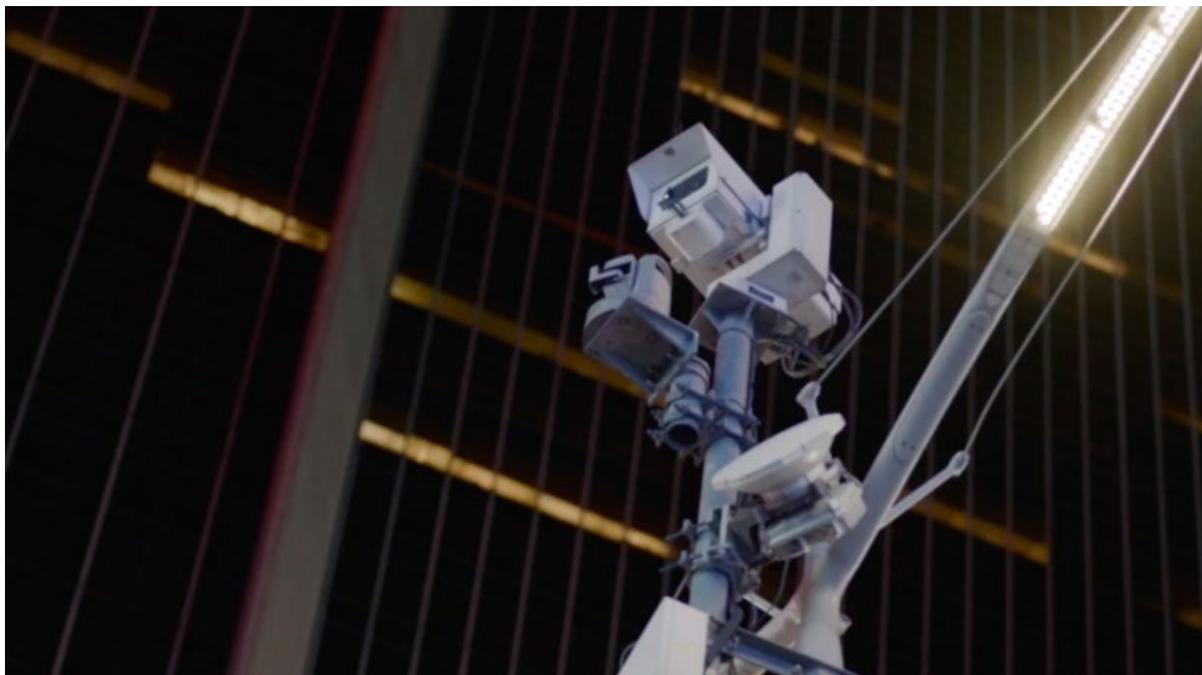
*Photo: © Amnesty/Reza Shahriar Rahman*

Older adults are often subjected to stereotyping, prejudice, discrimination, and abuse and this has only been exacerbated by the Corona pandemic.

In Italy, thousands of older care home residents have lost their lives since the beginning of the pandemic. Research by Amnesty International showed the main failures related to the management of the pandemic in care homes for older people, which contributed to the spread of the COVID-19 infection. Similar research results were found for Belgium, Spain, and the UK.

**Example:** Tens of thousands of older women and men from ethnic minorities across Myanmar who faced military atrocities and were forced to flee their homes are being let down by a humanitarian system that often fails to adequately address their rights and needs. In the Bangladesh refugee camps, many older Rohingya women and men are unable to regularly access the most basic of services, including sanitation, health care, water, and food. The camps' congestion and hilly terrain make for a difficult environment, particularly for older people with limited mobility.

## 2.9 DISCRIMINATION BASED ON ARTIFICIAL INTELLIGENCE



*With its campaign “Ban the Scan”, Amnesty International is fighting the use of facial recognition systems, a form of mass surveillance that amplifies racist policing and threatens the right to protest. Black and minority communities are at risk of being misidentified and falsely arrested – in some instances, facial recognition has been 95% inaccurate. Even when it “works”, it can exacerbate discriminatory policing and prevent the free and safe exercise of peaceful assembly, by acting as a tool of mass surveillance.  
Photo: © Amnesty International*

The use of mathematical models suggests the illusion of objectivity, which makes it difficult to challenge these decisions. This is because the calculations take place in a "black box" and outsiders do not learn why the artificial intelligence has reached which results. Without this transparency, however, it is difficult to challenge such a system.

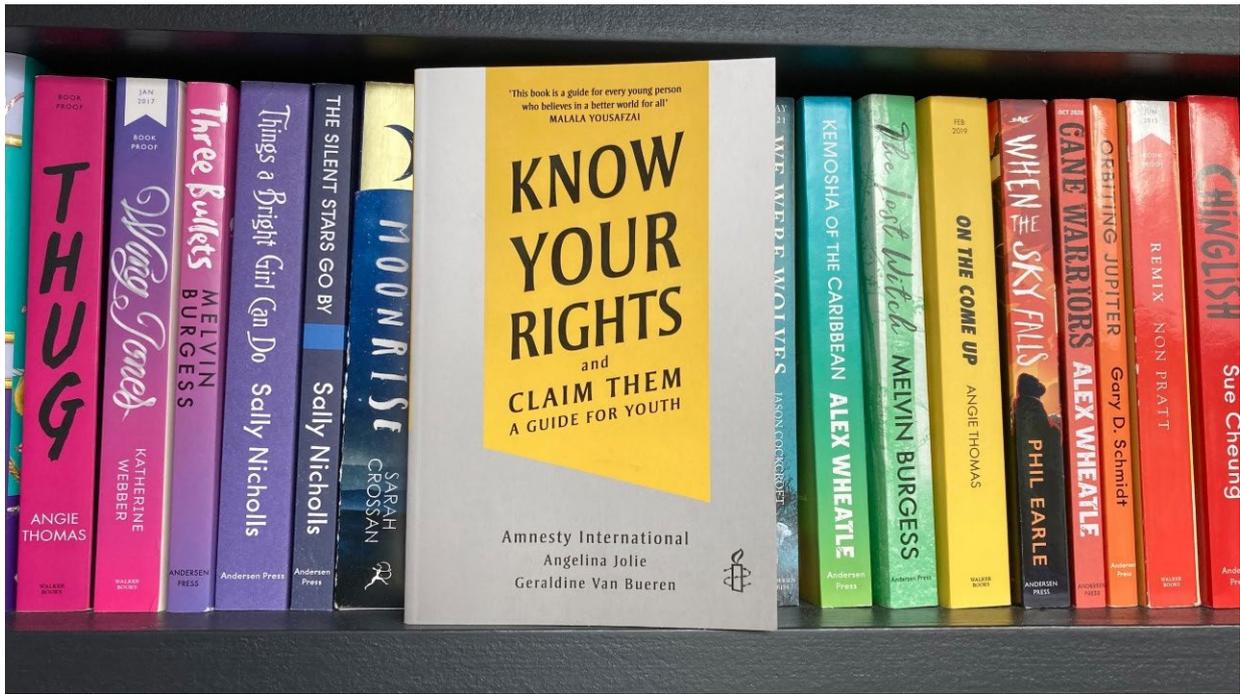
If artificial intelligence has a discriminatory effect, this is referred to as a bias of the algorithms. This bias can arise for many reasons. Self-learning software is always based on mathematical models that are supposed to represent reality to a certain degree. The world view and perspective of the developers play a major role here.

This can have very serious consequences: A 2016 ProPublica investigation into parole sentences issued by the US state of Florida found black inmates were routinely being recommended longer parole sentences than white inmates who had committed more serious crimes, by algorithms that worked with data with a historic bias. Judges consulting automated re-offending risk scores in many cases issued a more serious punishment to those with higher risk scores—though the recommendation was flawed.

**Example:** Artificial Intelligence and the protection of privacy in China.

A surveillance system of over 170 million cameras and another 400 million cameras-many equipped with AI software allows Chinese authorities to identify, track, and ultimately apprehend individuals in real time. It is possible to match each captured face with stored identification documents, create complete movement patterns for the past week, and determine who met with whom, when, where, in what setting, how often, and for how long. Algorithms and face recognition software thus create a system of permanent surveillance that would never be possible without this technology.

In this system, there is no longer any right to privacy in the public sphere - citizens are unable to escape the almost all-encompassing surveillance or to object to surveillance.



### 3 WHAT CAN WE DO AGAINST DISCRIMINATION?

Laws and mentalities must change so that everyone has equal access to rights.

Governments need to:

- Get rid of discriminatory laws and release anyone who is in prison because of them.
- Protect everyone – whoever they are – from discrimination and violence.
- Introduce laws and policies that promote inclusion and diversity in all aspects of society.
- Take action to tackle the root causes of discrimination, including by challenging stereotypes and attitudes that underpin discrimination.

Everybody needs to:

- Educate themselves in the fight against discrimination.
- Acknowledging that discrimination is illegal.
- Call out discrimination and racism to create awareness.

**Human rights education** is necessary to deconstruct stereotypes, fight prejudice and be able to identify discrimination, through verbal exchange, debate, the use of knowledge and scientific research, the call to adopt a responsible attitude based on critical thinking and also leading to personal questioning. Numerous tools will help you work on this theme with audiences of all ages.

This must be accompanied by a reminder of the foundations of human and civil rights, the law, and democratic principles.

It will then be possible to take part in an individual project (taking part in an action to fight against such and such discrimination) or in a collective project (joining an association that fights against discrimination).

### **5 concrete ways to call out racism and hate:**

1. Have a dialogue. Discrimination can be disguised as a joke or political opinion. Being open and listening to people who have faced racism can build understanding and support.
2. Lean into awkward conversations. As hate speech and Islamophobia creep into the mainstream, it is vital to speak out, when it feels safe. Start expressing how someone's words make you feel.
3. Talk about people, not numbers. If someone is complaining about immigration, ask what they would do – for example to keep their family safe in a war zone.
4. Mince your language. Words can obscure people's humanity. For example, saying "migrants" ignores millions of people's individual situations and fuels stereotypes. Instead, talk about people with their own stories to tell.
5. Say what you are for. For example: at Amnesty, we are not just against racism, we are for a world where we can all live freely and without fear. And it is up to all of us to make that a reality.

## 4 SOURCES FOR HUMAN RIGHTS EDUCATION AND FURTHER READING

### Resources in English

- <https://www.amnesty.org/en/what-we-do/discrimination/womens-rights/>
- <https://www.amnesty.org/en/what-we-do/discrimination/lgbti-rights/>
- Amnesty Academy course on Descent based discrimination: <https://academy.amnesty.org/learn/course/internal/view/elearning/247/decoding-descent-based-discrimination>
- Amnesty International USA online course on Police violence and racism: <https://rightseducation.amnestyusa.org/1-use-of-force/#/>
- LGBTI RIGHTS. An activity pack for teachers of children and young people: [https://www.amnesty.org.uk/files/lgbti\\_rights\\_activity\\_pack\\_february\\_2015.pdf?VersionId=M3EWg6CyDuBaWKWB22v3YDLT6sBpCWrv](https://www.amnesty.org.uk/files/lgbti_rights_activity_pack_february_2015.pdf?VersionId=M3EWg6CyDuBaWKWB22v3YDLT6sBpCWrv)
- Women's Human Rights - Activities and Resources: <https://www.amnesty.org.uk/resources/womens-human-rights-activities-and-resources>

### Resources in French

- <https://www.amnesty.fr/discriminations>
- <https://www.amnesty.fr/education/discriminations>
- LGBTIQ+: <https://www.amnesty.fr/discriminations/actualites/comprendre-les-discriminations-envers-les-personnes>
- 60 ressources pédagogiques sur les discriminations : [// www.amnesty.be/plateforme // https://jeunes.amnesty.be/jeunes/lecoindesprofs/plateforme/?id\\_mot%5B%5D=2123&id\\_mot%5B%5D=&id\\_mot%5B%5D=&id\\_mot%5B%5D=&id\\_mot%5B%5D=&id\\_mot%5B%5D=">www.amnesty.be/plateforme // https://jeunes.amnesty.be/jeunes/lecoindesprofs/plateforme/?id\\_mot%5B%5D=2123&id\\_mot%5B%5D=&id\\_mot%5B%5D=&id\\_mot%5B%5D=&id\\_mot%5B%5D=](http://www.amnesty.be/plateforme)
- Vidéo 'La discrimination en 2 minutes': <https://www.youtube.com/watch?v=8tebEelB8WY>
- Autres vidéos <https://jeunes.amnesty.be/jeunes/montrez/video/article/quatre-videos-discriminations>

### Ressources in German

- Unterrichtseinheiten zu den Themen Diskriminierung, Gleichstellung und Mobbing: <https://www.amnesty.ch/de/menschenrechtsbildung/schule/material/unterrichtseinheiten/diskriminierung>
- Unterrichtseinheit zum Thema Frauenrechte und Rechtsgleichheit: <https://www.amnesty.ch/de/menschenrechtsbildung/schule/material/unterrichtseinheiten/frauenrechte-rechtsgleichheit/>
- Video „Diskriminierung in drei Minuten erklärt“: <https://www.amnesty.ch/de/menschenrechtsbildung/schule/material/diskriminierung-in-drei-minuten-erklart>