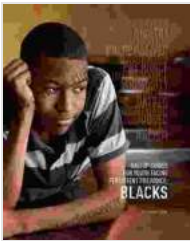


Gallup Guides For Youth Facing Persistent Prejudice: Blacks

As an African American youth, you may have faced prejudice and discrimination at some point in your life. This can be a painful and frustrating experience, but it is important to remember that you are not alone. Millions of other African American youth have faced similar challenges, and they have found ways to overcome them.



Gallup Guides for Youth Facing Persistent Prejudice: Blacks by Claudia Gray

★★★★☆ 4.5 out of 5

Language : English
File size : 3890 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 63 pages



This guide will provide you with practical strategies and support to help you cope with persistent prejudice. We will discuss the different types of prejudice, the effects of prejudice on youth, and the ways that you can develop resilience and self-esteem in the face of prejudice.

Types of Prejudice

There are many different types of prejudice, but some of the most common include:

- **Racial prejudice:** This type of prejudice is based on a person's race or ethnicity. It can manifest in many different ways, such as discrimination in housing, employment, and education.
- **Gender prejudice:** This type of prejudice is based on a person's gender. It can manifest in many different ways, such as sexism, sexual harassment, and violence against women.
- **Religious prejudice:** This type of prejudice is based on a person's religion or beliefs. It can manifest in many different ways, such as discrimination in employment, housing, and education.
- **Sexual orientation prejudice:** This type of prejudice is based on a person's sexual orientation. It can manifest in many different ways, such as discrimination in employment, housing, and education.

Effects of Prejudice on Youth

Prejudice can have a significant impact on youth. Some of the most common effects include:

- **Low self-esteem**
- **Depression**
- **Anxiety**
- **Anger**
- **Isolation**
- **Academic problems**
- **Behavioral problems**

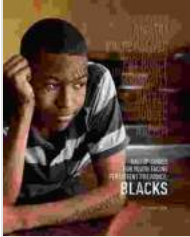
Coping with Persistent Prejudice

There are many things that you can do to cope with persistent prejudice. Some helpful strategies include:

- **Educate yourself about prejudice.** The more you know about prejudice, the better equipped you will be to deal with it. There are many resources available to help you learn about prejudice, such as books, articles, and websites.
- **Talk to someone you trust.** Talking about your experiences with prejudice can help you to feel less alone and more supported. You can talk to a friend, family member, counselor, or teacher.
- **Develop a strong sense of self-esteem.** Prejudice can damage your self-esteem, but it is important to remember that you are valuable and worthy of respect. There are many things you can do to develop a strong sense of self-esteem, such as setting goals, achieving goals, and spending time with positive people.
- **Learn to stand up for yourself.** It is important to stand up for yourself when you are confronted with prejudice. You can do this by speaking out against prejudice, refusing to accept discriminatory behavior, and advocating for your rights.
- **Surround yourself with positive people.** Spending time with positive people can help you to feel better about yourself and your ability to overcome prejudice.

Persistent prejudice is a serious problem, but it is important to remember that you are not alone. There are many things that you can do to cope with prejudice and build a successful and fulfilling life.

This guide has provided you with some practical strategies and support to help you face persistent prejudice. We hope that this information will help you to feel more confident and empowered in the face of prejudice.



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