

Day 2

Different Cultures

Race Equality
#ItsEveryonesBusiness



RaceEqualityMatters.com

RACE EQUALITY WEEK 5-11 February 2024	Powered by green park LLOYD'S
---------------------------------------------------------	--------------------------------------------

#ListenActChange

Day 2

How can we know about or understand things when we've never seen, heard, or read about them?

This guide cannot be used for commercial gain; if you would like to discuss using it commercially, please contact info@raceequalitymatters.com

Today's eye-opener

30 secs



How often do you read books, listen to music or podcasts or watch movies which expose you to different views and cultures?

- Never
- Rarely
- Occasionally
- Often
- Always

In the UK, only 1% of candidates for GCSE English Literature in 2019 answered a question on a novel by an author of colour (Penguin Random House, 2020).

This statistic alone shows that even in our early education we are not exposed to different cultures, therefore it is no surprise that we carry this on in our adult life.

However, when we expose ourselves to books, music, and movies etc, that have different views and cultures, it helps us become familiar with people's differences and experiences and that can replace judgement with understanding.



“

There are so many people sharing their stories and connecting with people from around the world.

So, start reading blogs, tweets, news articles and stories so you can get caught up.

Franchesca Ramsey
5 Tips for being an Ally.

Race Equality
#ItsEveryonesBusiness

Here are some examples of the benefits of exposing yourself to different views:

- You begin to celebrate those differences rather than judge them.
- It encourages discussions about people's cultures and views that are different to your own.
- It helps you understand the barriers and challenges people naturally face because of their differences.
- It helps to debunk stereotypes.
- You learn to respect people's differences and cultures.

We shouldn't keep asking those with lived experience to educate us when there are enough resources including Google to do our own research.

Video – 3 Mins



How do our differences also reveal our similarities?

Watch this video to find out: [Don't Put People in Boxes \(3:00\)](#)

This video shows that, though many of us may at first appear different, we may actually have more in common than we expected. We realise this when we get to know a bit more about each other.

Action – 2.5 Mins

Exposing ourselves to different views introduces us to new things and experiences that make our lives richer.

Try watching or reading about a place or character that's different to you. This can be on Netflix, Apple, Disney, or your local bookstore/library. There is also a range on Audible and you'll find many people from different communities posting on social media.

Try it once, you never know what new joy you may come across.



What could you do to expose yourself to different views and cultures?

Ideas:

- Read a book from the list of the most popular books from other cultures:
<https://www.goodreads.com/shelf/show/other-cultures>
- Watch a movie from the list of the best movies about different cultures and nationalities: <https://www.imdb.com/list/ls021754505/>
- If you have children, encourage them to read books and watch films that are based around different views and cultures. We can never start too young.
- Ask a colleague from an ethnically diverse background to recommend you a book or a movie to watch that is based around their heritage or language.

Here is one action you can take as a senior leader:



Lead by example. Watch a movie or a series from our recommendations list above and discuss it with your colleagues/team/department. Encourage your colleagues/team/department to do the same.

Action/s I will take:

Action/s I will take:	To be achieved by



If you are interested and would like to find out more.

Additional Resources:

[Understanding Different Cultures](#)

[Understanding A Different Culture Pt.2](#)

Donate to help us create more solutions

Race Equality Matters provides solutions, resources and events for free, so:

1. Everyone can access them, regardless of budget.
2. The real barriers to race equality in the workplace are addressed.
3. The change we all want to see and feel, is accelerated.



(Donate via this QR Code)

91% say what we are doing will make an impact.

If you or your organisation can help, your donation will mean the world and help end racial inequality. Thank you

A special thank you to some of our key partners and collaborators

greenpark

LLOYD'S



AutoTrader



HS2



Amey



the governance forum

GUILD



NEXUS



rare

OXFORD BROOKES UNIVERSITY



www.raceequalitymatters.com
Info@raceequalitymatters.com
[@RaceEquality_UK](https://twitter.com/RaceEquality_UK)

