

Youth Experiences of Discrimination & Racism on the North Shore

What Youth Need to Know

What do we mean by discrimination?

Discrimination is when you are treated unfairly based on your race, ethnicity, language, religion, gender and sexual orientation, where you come from, or other personal characteristics. It can show up in many ways, including:

- Teasing, bullying, or harassment
- Being ignored, excluded, or treated differently
- Verbal abuse or insults
- Hate speech or harmful messages online
- Unfair rules, discipline, or expectations

Discrimination can be obvious or subtle. It can be intentional or unintentional. Even when someone says they "didn't mean it," the effects can still be real and harmful.



What do we mean by racism?

Racism is a form of discrimination based on race, skin colour, ethnicity, language, accent, or place of origin. Racism can happen between individuals, but it can also be built into systems like schools, media, or institutions.

Racism is harmful and violates human rights standards in Canada.

How common is discrimination and racism?

In Impact North Shore's 2025 Youth Survey, many young people shared that discrimination is part of their everyday lives: **7 out of 10 youth respondents** said they experienced some type of discrimination in the past year.

Among youth who have experienced discrimination, many said it was based on their race, skin colour or ethnicity (31%), place of origin (23%), and language or accent (20%). They also shared that they experienced racism in multiple places, including in school, online and on public transit, and that these experiences happened several times each month.



What are the effects?

Discrimination doesn't just stay in the moment. It can affect how you feel day to day, how you see yourself, and how safe you feel in the world.

You might experience many different feelings, which are a valid response to experiencing discrimination. You might feel alone, down, and not great about yourself. Many youth share that they experienced stress, anxiety, or depression that feels hard to cope with.

Connection and support really matter, and can help you to feel better.

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What actions can you take?



Learn about Discrimination & Racism

- Understanding discrimination and racism can help you to recognize it and know that what you're experiencing is harmful and unacceptable.
- Learn to recognize how racism occurs in your everyday life.
- Have open conversations about discrimination and human rights in Canada.



Build Your Support Circle

- Strengthen your connection with friends, family members, teachers, counsellors, and other people you trust.
- Expand your activities and participate in your community.



Talk to Someone You Trust About Your Experiences

- You don't have to handle these experiences alone.
- While strong relationships don't make discrimination okay, they can help you feel less alone and more supported. Talk to your friends, family members, teachers, counsellors, and other people you trust.
- Contact the BC [Racist Incident Helpline](#) (1-833-HLP-LINE / 1-833-457-5463) or other counselling resources like [Foundry North Shore](#) and [Family Services North Shore](#).



Consider If You Want to Make a Formal Report

- Explore the avenues of how you might want to report an incident of racism.
- Review the [STEP UP North Shore](#) racism response protocol on reporting.

Resources for Learning & Support



Learn More About Racism & its Effects:

[Impact North Shore: Anti-Racism E-Learning Course](#)

Learn How to Respond & Practice Allyship:

[STEP Up North Shore: Racism Response Protocol](#)

Get Support or Report an Incident:

[BC Racist Incident Helpline](#)
1-833-457-5463

If you require support in navigating resources or making a report, please contact Impact North Shore's Settlement Workers in Schools (SWIS) Team at 604-988-2931 or Office@ImpactNorthShore.ca.