

Zero Discrimination Day

March 1



What is it?

Zero Discrimination Day is observed each year on March 1. Zero Discrimination Day is a day to "celebrate the right of everyone to live a full and productive life... with dignity."²

Why do we need it?

20.5% Percentage of Native American children who said their peers treated them unfairly or negatively because of their ethnic background.³

A poll put out by Harvard TH Chan School of Public Health found that 1 in 5 Native American adults reported experiencing discrimination at places of employment, health care, and with law enforcement. More than one-third of Native American adults reported experiencing interpersonal discriminations, including micro-aggressions, violence, and racial slurs.⁴



Every Day Should be a Zero Discrimination Day

Zero Discrimination Day encourages people to embrace diversity and acknowledge how differences make our communities stronger and richer. Discrimination is defined as "the unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex."¹ We hope that one day we do not need a day of acknowledgment around discrimination; a time where people will not judge you for the color of your skin and the language you speak but for the many sacrifices you make for your family and the contributions you give to society.

How Can We Acknowledge?²

Learn

- Inform yourself about current inequalities and their impact.
- Help others learn by sharing the impact of injustices on social media or contacting a policymaker.
- Be an ally.

Lead

- Say something when you see something.
- Start a petition to change discriminatory laws. Conduct information sessions about human rights.

Lend a Hand

- Volunteer with a campaign or organization focused on equality.
- Provide a safe space for those who face discrimination.
- When able, give funds to groups promoting equitable human rights.

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References

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2. About zero discrimination day. UNAIDS. (n.d.). Retrieved February 24, 2022, from <https://www.unaids.org/en/zero-discrimination-day>
3. DeAngelis, T. (2021, September 1). *Non-White youth still face high levels of discrimination*. American Psychological Association. <https://www.apa.org/monitor/2021/09/numbers-discrimination>
4. Harvard TH Chan. (2018, June 22). *Poll finds more than one-third of Native Americans report slurs, violence, harassment, and being discriminated against in the workplace*. News. Retrieved February 24, 2022, from <https://www.hsph.harvard.edu/news/press-releases/poll-native-americans-discrimination/>

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