

# Check Up

## What are we doing about racism?



find it online

Aboriginal and Torres Strait Islander peoples experience racism stemming from ongoing settler-colonisation. This experience is unique to this population.

Like a health check up can help us track our health and wellbeing, this Check Up can help us track what we are doing and what more we could be doing to help eliminate racism against Aboriginal and Torres Strait Islander peoples. It is not an exhaustive list, but rather a series of prompts to help guide and track our ongoing efforts to eliminate racism.

### Individual Check Up

For each statement below, mark the point on the spectrum that best represents where you are currently in your journey. Please refer to the resources below for additional ideas, and revisit this Check Up at a later date to monitor how your responses have changed.



### Speaking and Acting

- I actively call out racism when I see it.
- I have researched how to respond when I see racism.
- I talk to my family about racism.
- I talk to my friends about racism.
- I correct people when I hear them describe Australia as a 'young country'.
- I correct others when they say that colonisation is over.

haven't thought about it 'til now

it's how I roll



### Learning and Reflecting

- I actively learn about Aboriginal histories, cultures, and contemporary issues.
- I actively learn about Torres Strait Islander histories, cultures, and contemporary issues.
- I actively learn about Country and the Aboriginal or Torres Strait Islander people of my local area.
- I regularly seek information from Aboriginal and Torres Strait Islander media sources.

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it's how I roll



- I know where to go to report racism in the media.
- I critically reflect on my culture.
- I critically reflect on my worldviews.
- I critically reflect on my values.
- I critically reflect on my actions.
- I critically reflect on my own privilege and how I can use it to help eliminate racism.
- I educate myself on racism and all its forms.

## Support and Advocacy

- I show solidarity by attending Aboriginal and Torres Strait Islander events.
- I actively support Aboriginal and Torres Strait Islander organisations (e.g. attending events, donating time or resources).
- I actively support the local Aboriginal or Torres Strait Islander community (e.g. attending events, donating time or resources).
- I advocate to government for action to eliminate racism.

haven't thought about it 'til now it's how I roll

## What next?

There are many things we must do to eliminate racism. The ideas and resources in this Check Up are just a place to start.



Scan this QR code to access the Check Up resources.

To continue with your ongoing learning, **review the resources**. Come back to the Check Up in the future to **monitor your progress** and **see which areas you can focus on next** in the journey to eliminate racism against Aboriginal and Torres Strait Islander peoples.



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