Discrimination is the **unfair treatment** of different categories of people, especially those belonging to a different race, age, or sex.

**What are the causes?**
- Ignorance and lack of education
- Lack of exposure to different cultures and ethnicities
- Age - discrimination is often generational (old fashioned attitudes)

**What are the impacts?**
- Unequal opportunities in the workplace (e.g. gender pay gap)
- Educational opportunities (e.g. university)
- Decline in mental health (e.g. loneliness)
- Social divide and unrest between the generations, genders and ethnicities

**What can you do to help?**
- Challenge discriminatory behaviour (if you see something, say something)
- Raise awareness
- Educate yourself and others
- Communicate - have conversations with people from different backgrounds

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