

Consequences of Discrimination

The consequences of discrimination include:

1. Low self-esteem: People may feel that they are not good enough.
2. Sadness and anxiety: Discrimination can cause emotional pain and stress.
3. Social isolation: People may feel excluded or lonely.
4. Bullying: Discrimination can lead to insults, jokes, and harassment.
5. Unequal opportunities: People may have fewer opportunities in education or employment.
6. Conflicts and violence: Discrimination can create anger, intolerance, and fights.
7. Fear and insecurity: People may feel unsafe in their community or school.
8. Social inequality: Discrimination increases unfair differences between people.

Activity: Consequences of Discrimination

Part 1. Multiple-Choice Questions

Choose the correct answer.

1. What can discrimination cause?

- A. Happiness and friendship
- B. Sadness and anxiety
- C. Better relationships
- D. More respect

2. What is social isolation?

- A. Helping other people
- B. Making new friends
- C. Feeling excluded or lonely
- D. Working in a team

3. How can discrimination affect education?

- A. It can create unequal opportunities.
- B. It always improves grades.
- C. It makes everyone feel included.
- D. It eliminates bullying.

4. What can happen when people are discriminated against?

- A. They always feel confident.
- B. They may have low self-esteem.

- C. They become more popular.
- D. They never feel sad.

5. Which is a possible social consequence of discrimination?

- A. Equality
- B. Cooperation
- C. Social inequality
- D. Inclusion

Part 2. Matching: Definitions

Match each term in Column A with its correct definition in Column B.

Column A	Column B
1. Low self-esteem	A. Treating people unfairly and creating unequal opportunities.
2. Social isolation	B. Feeling worried, nervous, or afraid.
3. Anxiety	C. Feeling that you are not good enough.
4. Bullying	D. Feeling excluded or lonely.
5. Social inequality	E. Repeatedly hurting, insulting, or intimidating someone.