

## **Confronting Racism: An Unsettling Glimpse from an Outsider's Perspective**

Racism, a deeply entrenched and pervasive issue, continues to persist despite society's efforts to combat it. As a white individual, witnessing racism firsthand from an outside perspective can be an eye-opening and heart-wrenching experience. This blog post aims to explore the emotions of hopelessness and disgust that arise when Realising that racism remains an ongoing battle, affecting countless lives around the world.

### **Confronting Racism: The Shocking Reality**

Seeing racism unfold before our very eyes can be an unsettling experience. As white individuals, many of us might have grown up in communities where the issue seemed distant, often overlooked or disregarded. But as the world becomes more interconnected, we are inevitably exposed to the stark realities of racial discrimination and injustice.

The first time we witness blatant racism can be a profound shock. It may be an offensive comment hurled at a person of colour, a discriminatory action that affects someone's livelihood, or even witnessing the structural and institutional racism ingrained in certain systems. As outsiders, we may feel powerless, unable to fathom the magnitude of pain and oppression that marginalised communities endure every day.

### **Emotions of Hopelessness and Disgust**

Feeling hopeless and disgusted in the face of ongoing racism is an understandable response. It is disheartening to acknowledge that despite the progress made in civil rights movements and societal enlightenment, racism continues to persist. The realisation that people are still being judged, discriminated against, and oppressed solely based on their skin colour is deeply distressing.

As outsiders, we may wonder why racism remains an issue in the modern world. We might question how certain mindsets and prejudices have endured through generations. The sense of hopelessness arises from witnessing these injustices unfold repeatedly, seemingly with no end in sight.

### **Challenges in Addressing Racism**

Confronting racism is not just about acknowledging its existence; it also involves understanding the privilege that comes with being an outsider. As white individuals, we might find it challenging to fully empathise with the experiences of people of colour who face racism daily. However, that does not mean we should remain complacent.

Overcoming hopelessness and disgust involves actively educating ourselves about the historical and present-day struggles faced by marginalised communities. Engaging in conversations with those affected, reading literature, attending workshops, and actively supporting anti-racism initiatives are essential steps toward making a positive difference.

## Turning Disgust into Empowerment

While it may be disheartening to see racism endure, we can channel our disgust into empowerment. As outsiders, we have a responsibility to ally ourselves with those affected and actively contribute to dismantling racism. By standing up against discriminatory behaviour, challenging prejudiced beliefs within our communities, and supporting organisations working towards racial equity, we can become advocates for positive change.

Confronting racism from an outsider's perspective can be emotionally overwhelming, evoking feelings of hopelessness and disgust. However, acknowledging these emotions is the first step towards fostering empathy and understanding. It is crucial to use these emotions as a driving force to educate ourselves, raise awareness, and advocate for equality and justice.

As white individuals, we may never fully comprehend the depth of racism's impact on marginalised communities. Still, by actively engaging in anti-racist efforts and standing in solidarity with those affected, we can contribute to building a more inclusive and just society. Let us embrace the responsibility to combat racism and work towards a future where everyone is treated with respect and dignity, irrespective of their race or ethnicity.