

What is racism?



The word 'race' is used to describe a group of people who have things in common and often that is the colour of their skin.



Racism is when people are treated unfairly in society because of their race. Sadly, this has happened for a long time all over the world.



Unfortunately, racism still happens today around the world and some groups of people are even treated violently because of their race.



What is Black Lives Matter?

Black Lives Matter is about human rights and stopping violence and racism towards Black people.



Black Lives Matter has been on the news a lot over the last few days.



This is because a man called George Floyd was killed recently by a White police officer. He is one of many Black people to die after a police officer was violent to them.



Black Lives Matter want the government to listen and change laws so that black people are safe and treated equally.



One way of getting the government to listen is to have a **protest**.



A protest is gathering in a big group, walking in the street, holding signs and shouting about what you want to change.



Lots of people who agree with Black Lives Matter have been joining the protests all over the world.



We hope the governments around the world will listen and change things to make life fair for Black people.



It is also important to think about how you treat other people.

How can you help Black Lives Matter?



If you want to help change things so that black people are treated fairly, there are lots of things you can do.



You could join a street protest. It could be busy, noisy or dangerous, so you should ask the people who support you to help you protest safely.



If you do not want to protest on the street, you could talk to people you know about racism and how to treat black people more fairly in your community.



You could also think about how you can make sure you treat everyone fairly.



You can learn more about Black Lives Matter by reading and watching videos about Black Lives Matter [online](#).