



DISS-CRIME-NATION

Our Community, Our Home

Oppression and Discrimination

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Manantial - What is our goal?

The vision at Manantial is to become a leading community-based agency that promotes and supports active, healthy and safe lifestyles among individuals and families living in northwest Toronto and south Vaughan, with a particular focus on immigrants, seniors and youth.

MNSI's goals, which reflect the organization's four main areas of programming and services, are:

Preparing

To equip individuals and families to develop and maintain healthy relationships through one-on-one and family counseling, youth support programs, parenting support programs, and leadership training programs for youth and seniors

Lifestyle

To promote and support active and healthy lifestyles (mental and physical) among seniors and youth through senior and youth support programs

Violence Prevention

To educate individuals and families about violence and violence prevention through one-on-one and family counseling, youth support programs, seniors support programs,

and leadership training programs for youth and seniors

Serving the needy

To serve vulnerable populations by providing advocacy support to immigrant women, youth and seniors, as well as basic newcomer settlement services and referral to other agencies for individual and families, as required.

MNSI's programs and services are offered in both English and Spanish.

We encourage individuals and families to further develop their life skills, and strive to increase their knowledge and awareness of the rights that all Canadians enjoy and the services available to them in the community.

Above all, MNSI aims to help you prosper and assume a leadership role in your community!



Our Community, Our Home

One of the major focal points in servicing the community is Youth related issues. "Our Community, Our Home" is a youth project in support of the City of Toronto which provides youth of minority backgrounds with the skills and education required to avoid and/or deal with gender biases, discrimination, racism, violence and bullying.

We strive to educate youth and our surrounding community about the visible and invisible impacts of discrimination and violence. We believe that it is important for Youth to learn about their rights and options in order to combat the socio-economic disadvantage, stereotypes and social labels that hinder them from expanding their potential. In result of becoming aware of these barriers, they can achieve healthy, race indifferent, relationships within the community.

This effort will help individuals experience a positive change in their lives and their surrounding community.

FACTS: DISCRIMINATION IN THE US

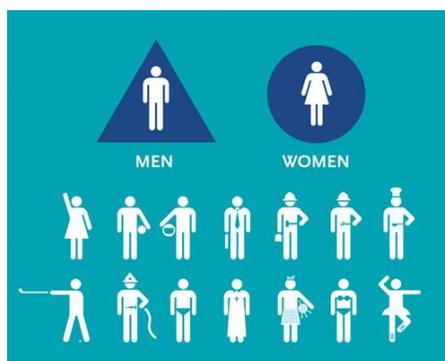
- After being arrested, blacks are 33 percent more likely than whites to be detained while facing a felony trial in New York!
- In 2012, 51 percent of Americans expressed anti-black sentiments in a poll; a 3 percent increase from 2008.
- A survey in 2011 revealed that 52 percent of non-Hispanic whites expressed anti-Hispanic attitudes.
- In a 2009 report, two-thirds of the criminals receiving life sentences were non-whites. In New York, it is 83 percent.
- Reports show that nearly 50 percent of Americans under 18 are minorities, but 80 percent of retirees are white. The trend projects a reversal in the population where by 2030, the majority of under 18s will be of color, and by 2042 nonwhites will be the majority of the U.S. population.

What is Discrimination?

by Kevin Ayala

Discrimination can be described as the act of treating an individual negatively based on the way they fit into general cultural groups, classes, or categories in society.

Just by observing the age, gender, race, and even the income status of a person, we think of certain generalizations which have been crafted by media, literature, the news, and make it affect the way we act and think around that person.



In many occasions this sort of action oppresses neighbourhoods, communities, and cities by limiting general rights of equality, success, and freedom. Everyone can do something to stop discrimination and end

oppressive acts formed within schools, workplaces, and urban street life.

Practicing simple acts every day can help strengthen communities, cities, and personal skills. Simple actions like joining community groups, conversing with new people to promote change, sharing and advocating against inequality are all actions which can show that everyone has the right to live an equal life.

Discrimination definitions:

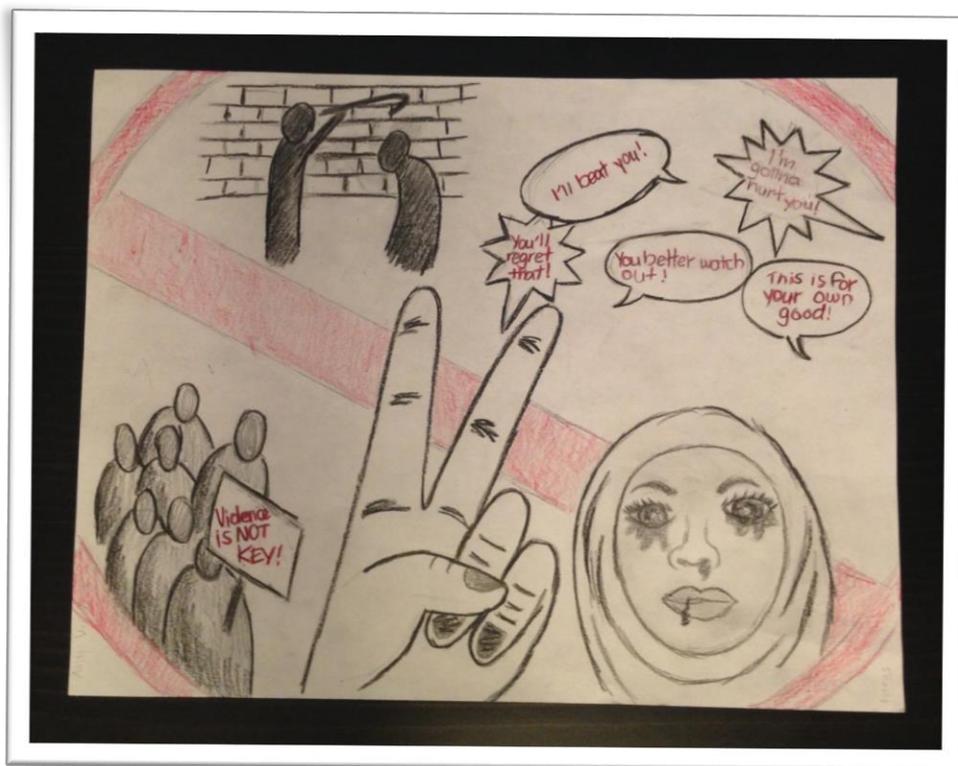
STEREOTYPE - A mental image of a group based on opinion without regard to individual differences.

PREJUDICE - A negative judgment or opinion formed about a group without knowledge of the facts.

ASSUMPTIONS - Conclusions based on limited knowledge of the facts.

DISCRIMINATION - Treating people in a less favorable way because they are members of a particular group. Discrimination is prejudice in action.

SCAPEGOATING - Holding one person or group responsible for all the community's problems. Isolating or rejecting a person or group.



Art work by: Sara Galvez

WEEKLY MEETING



Oppression

In this world, the fact that some people have more power than others leads to oppression. It's not just physical violence. It happens when people with less power are shut up, ignored, shut out, and looked down at. Oppression comes in lots of forms (like sexism, racism, ableism, heterosexism, fat phobia, adultism, transphobia, and xenophobia)

What is Power?

It's rights and advantages some people have and other people can't get. Example: students with money can afford university or college but others can't; male students usually aren't afraid of sexual assault when walking home from class, but female students often have to deal with this fear.

What is Power imbalance?

It's the ability of some people to get what they need and want, and other people are blocked from getting what they need and want. Example: If there's ever a young person talking on the news, it's about a "youth issue" that no one cares about; parents pressuring you to choose a certain job and threatening to kick you out if you go against them.

SEXISM: is unfair treatment and exploitation of women based on the idea that men are better than woman. Examples: Most literature you read in English classes is written by men, for men; being expected to do more chores than your brother(s).

RACISM: happens when people of Colour are discriminated against based on characteristics that are seen to be part of their 'race'. Racism is based on the assumption that People of Colour are inferior. Examples: history classes teaching only Western history and calling it "World History"; black youth being seen as 'troublemakers' and Arab youth being called 'terrorist'.

XENOPHOBIA: is discrimination and/or hostility towards people born of Canada (or people who are seen as if they were born outside of Canada). It's related to racism. Examples: landlords refusing to rent apartments to recent immigrants; harassing students who don't speak English during lunch break.

CLASSISM: is control and disrespect of people with less money and power. It's the whole idea that people who don't have much money aren't good as others. Examples: Schools in low-income neighbourhoods often have outdated equipment and few art programs; discussing someone who can't afford 'in-style' clothes.

FATPHOBIA: is discrimination against, and criticism, of people with larger body sizes. Examples: the "unofficial" practice of only hiring "thin" and stereotypically attractive people for certain jobs (e.g. store clerk, waitress, and actress); a father constantly pressuring his daughter to lose weight.

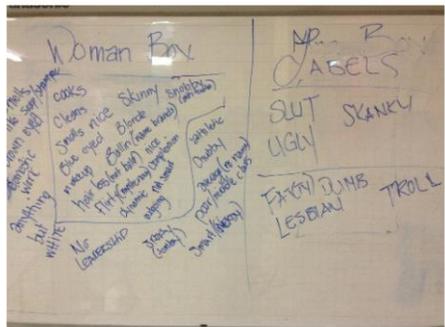
ADULTISM: is discrimination against youth because of their age. Examples: not being able to vote in Canada until the age of 18; youth being kicked out of store when there's more than two of them

ABLEISM: is discrimination against people with physical and developmental disabilities and people who don't have the 'perfect' body. Ableism is supported by the false idea that people who are able-bodies (stereotypically "healthy" and mobile) are superior. Examples: your local mall isn't wheel chair accessible; a Deaf young woman in your class is teased when she uses American Sign Language to communicate.

HETEROSEXISM: is the belief that heterosexual relationships (a woman and a man) are better than others and that heterosexual people are better too. It's a "Straight Supremacy", and goes hand in hand with the idea that men are the "better half" of women too. Examples: most romantic comedies star a man and woman; asking your teacher if she has a man (She could have a girlfriend or she can be single, you know)

TRANSPHOBIA: is hatred and discrimination against people who don't conform to gender stereotypes, most often people whose gender identity doesn't match the sex they were assigned at birth (e.g. Transgendered people, Transsexual people). Examples: ever notice you can only choose to go to men's or women's washroom (some people don't identify as male or female); teasing a classmate because he doesn't pose like a big tough man.

Information provided by "METRAC"



FAST FACTS

200

Over 200 languages are spoken in the city of Toronto. Talk about being truly multicultural!

Help Lines

Kids Help Phone 1 800 668-6868

Available 24/7

Call to speak to a counselor live or visit the website to post a message about your problem. Online questions may take up to a week to receive an answer, so if you want an answer right away you should call instead. On the other hand, if you're shy about asking your question you can visit the website and read the answers counselors have already posted in response to similar problems.

HEYY (Hearing Every Youth Through Youth) 416 423-HEYY (4399)

Available Monday to Friday, 6pm-9pm

Call to speak confidentially and anonymously with other youth who will listen and ask questions to help you sort out your situations. HEYY does NOT offer advice since the volunteers aren't professional counselors, instead they provide an opportunity for you to talk about your problems and come to your own decision about what to do.

Distress Centres of Toronto 416 408-HELP (4357)

Available 24/7

Trained counselors offer emotional support, crisis intervention and suicide prevention to youth and adults.

Telehealth Ontario 1-866-797-0000

Available 24/7

If you have a medical issue and aren't sure if you should go to a walk-in clinic, an emergency room or can wait for an appointment with your family doctor, phone Telehealth Ontario to speak to a Registered Nurse.

Toronto District School Board Safety Line 416-395-SAFE (7233)

Message center only, available 24/7

If you're a student in the Toronto District School Board and are aware of a situation that threatens the safety or welfare of you or anyone else in the school, you can call and leave an anonymous message for TDSB staff.

Crime Stoppers 416-222-TIPS (8477)

Visit the website or call to anonymously report a crime or to provide more information on a crime to the Toronto Police.

About Us

Manantial Neighbourhood Services, Inc. (MNSI) is a non-profit charitable organization that provides crisis intervention and newcomer integration services to primarily Latin American immigrants (individuals and families) in the Jane-Finch, Sheppard-Lawrence and Keele-Wilson communities of Toronto, and in south Vaughan. Manantial is particularly focused on serving the needs of youth and women victims of domestic and other violence, as well as providing leadership programs and activities for youth and seniors.

FOR MORE INFORMATION

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