## FREEDOM FROM RACISM



## We believe in thinking differently, we believe we can make a change, we believe in challenging our world to make it a better place.

## Will you join us?

Racism can take place anywhere, in an office, a factory, a training event or a social gathering. It is by working together to be free from Racism that we achieve positive change. We hope this book will go some way to progress that positive change.

As you read this book you will realise that it is designed to stimulate you, provide inspiration and help you to come to your own thoughts and ideas.

This book does not provide advice, because context is almost everything and, in any event, you need to decide what is best for your own situation.

Our key message is one of encouragement – we would encourage you to take an active part in joining a movement to recognise and expose systemic racism, a movement that aims to act and a make a difference.

It is also a movement that needs your involvement: more views, we need to know and understand what is really happening. This starts with us - the starting point is our experiences and the strength that comes through commonality.

If this book stimulates debate, uncomfortable conversations, difficult conversations or makes you angry, makes you want to protest, and helps channel that anger into progressive, negotiated agreements..... if it does that then it has worked!

No matter what background you are from this book is for you.

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