

# John

Studies at Melbourne University

Broke his leg playing soccer

Regularly quotes Nelson Mandela

Speaks Out against racism

## How can you SPEAK OUT against racism?

If you witness racism towards someone there are **POSITIVE** things you can do to help.

- **Offer support** – Go and sit or stand with them. Ask them if they're OK.
- **Say something** only if it feels ok to do so – *"That was offensive, please have some respect for yourself and for others."*
- **Report** the incident to Victoria Police and if the situation is threatening call 000.
- **For information about making a complaint** call the Victorian Equal Opportunity and Human Rights Commission on 1300 292 153 or the Australian Human Rights Commission on 1300 656 419.
- **Protect** your physical safety – don't put yourself at risk.

## Speaking Out CAN make a difference

For more tips on Speaking Out against racism visit the Racism. It stops with me. website [www.itstopswithme.humanrights.gov.au](http://www.itstopswithme.humanrights.gov.au) or check out the Anti-Hate campaign website [www.antihate.vic.gov.au](http://www.antihate.vic.gov.au)

**Racism. Get Up. Speak Out.**

[www.greaterdandenong.com](http://www.greaterdandenong.com)

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Pictured: John James

Photography by Dulce Amor Temporal