

# Being a Global Citizen

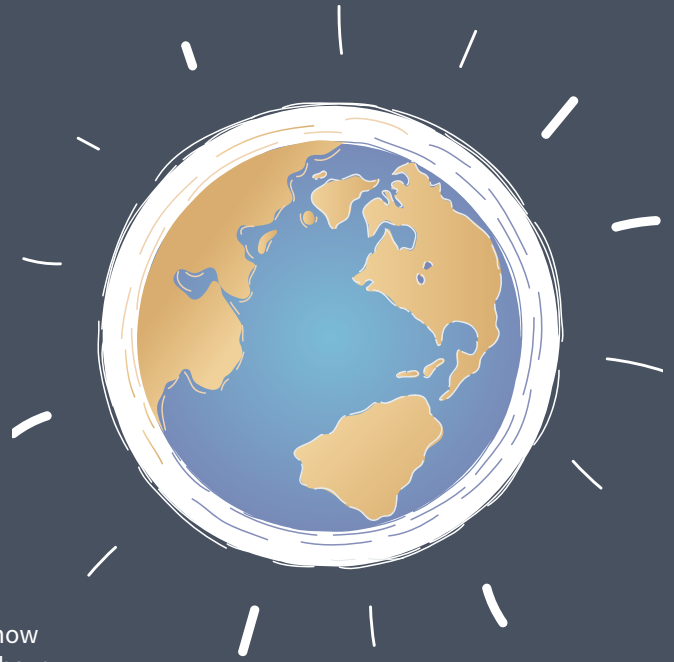
## *During Covid 19*

The worldwide Covid-19 pandemic has changed lives and perspectives on the world, but it has also provided the opportunity to pause and reflect.

What does it mean to be a global citizen during this time of crisis? It means we are kind and accepting. We are respectful and responsible. We understand that we are all connected. Global citizens nurture personal respect for others wherever they live. They stand up and defend against discrimination. They create safe and welcoming communities for all.

Knowledge is power. The media shares so much information at an alarming rate that we need to monitor what and how much we are watching. We also need to be aware of the negativity that is sometimes spread when people are scared and anxious.

Now and in the future, it is important to be aware of our own biases and how we interact with our neighbours. Our personal decisions and actions can have impacts on others that we may not even be aware of.



## These four practices will help you to speak up against discrimination during and after the COVID-19 pandemic.

### Interrupt

If someone uses language that promotes racism, pause the conversation. Tell them that you need to discuss those ideas before moving continuing the conversation.

Example: “Before we talk about that, I would like to talk about what you said about the virus being someone’s fault.”

### Educate

Hurtful behavior involving stereotyping, bias and prejudice often becomes even more prevalent during times of fear and anxiety, especially toward those that are racialized, minoritized and/or marginalized already. Educating ourselves and others about discrimination can help challenge ideas of what is appropriate or funny. To be a global citizen, we must help our families, friends, colleagues and students understand what racism is and how it hurts people.

### Question

Questions help with understanding. Asking people why they made a statement will help others pause to challenge hurtful ideas.

Example: Why do you think that? Where did you get that information?

### Echo

Standing up to racism and stereotyping has an impact. It also is not always easy to do alone, so the more we can support this action with a common voice, the better. Speak out and encourage others to do the same. Find the courage to speak up even when others aren’t doing so; this is probably the most impactful action we can take to ensure all members of our New Brunswick communities feel safe. In this time of social distancing, we can share positive messages with others through social media.

Following these practices with courage and conviction will help make our New Brunswick communities healthier, safer and more connected – for everyone.



## References

[tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus](https://tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus)

[tolerance.org/magazine/how-to-respond-to-coronavirus-racism2](https://tolerance.org/magazine/how-to-respond-to-coronavirus-racism2)