



TEMPO DE ESPERANÇAR

# ANTI-RACISM

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The fight against racism is a collective responsibility and an ongoing journey. We list below information and guidelines to promote awareness to commit to the construction of a fairer and more equitable society.

## 1. Understanding Racism:

Racism is the discrimination of individuals based on their race, skin color, or ethnic origin. It is a power structure system which historically privileges the white population to the detriment of the black population.



## 2. Forms of Racism:

**Structural Racism:** it involves social patterns and practices that perpetuate and deepen inequality based on race, skin color, rooted in historical and cultural systems. This form of racism is more subtle and may be less noticeable than the individual racism.

**Individual Racism:** is the prejudice, discrimination, or hostility from people against each other, based on their race and skin color. It can be manifested through words, actions, gestures, or discriminatory attitudes.

**Institutional Racism:** discriminatory practices embedded in the policies and structures of various institutions, such as government, schools, companies, and justice systems. These practices often perpetuate inequalities based on race.



**Environmental Racism:** it relates to the unequal distribution of pollution, toxic waste, lack of urban planning and basic sanitation, as well as other negative environmental impacts on racialized communities. This can result in adverse consequences for the health and quality of life of these communities.

**Religious Racism:** it is the discrimination based on religious affiliation, often linked to racial or ethnic origin, in the case of African-based religions. This can manifest itself in prejudices, stigmatization, or persecution of certain religious groups.



**Linguistic Racism:** It involves discrimination based on language, dialects, or accents associated with certain racial groups. This can lead to the exclusion and stigmatization of speakers.

### 3. Consequences of Racism:

**3.1 - Socioeconomic inequalities:** racism limits the black population's opportunities and access to resources.

**3.2 - Impact on mental health:** racism can affect mental health, contributing to stress, anxiety, and depression.

**3.3 - Low self-esteem** of the black population.



## 4. Racism and Legislation:

The law that embodies the crime of racism is Law 7.716/1989, with the modifications introduced by Law 14.532/2023, the Racial Insult Law. The act is classified as a non-bailable and imprescriptible crime, subject to imprisonment, with a maximum penalty of 5 years.

**Racism Crime:** provided by Law No. 7.716/1989, it implies discriminatory conduct directed at a particular group or community and generally refers to broader crimes. In these cases, the Public Prosecutor's Office has the legitimacy to prosecute the offender. The law frames a series of situations as racism crimes, for example, refusing or hindering access to a commercial establishment, impeding access to social entrances in public or residential buildings and elevators or to access stairs, denying employment in a private company, among others.



**Racial Insult Crime:** Law 14.532/2023 provided as an offense to dignity or decorum using elements of race, color, ethnicity, religion, origin, or condition of an elderly person or person with a disability. The crime of insult is associated with the use of derogatory words

referring to race or color with the intention of offending the victim's honor, as frequently happens in football stadiums, when black players are insulted or called monkeys.



## 5. How to report racism?

**Have you been a victim of a racism crime or racial insult?**

**Reporting a crime of racism/racial insult is an important action to combat discrimination and promote justice.**

In Rio de Janeiro, as anywhere else, the process may involve some steps. Here is a general step-by-step guide to help you report a crime of racism or racial insult:



**5.1- Identification of the crime:** make sure that the situation qualifies as a crime of racism or racial insult, as prescribed by laws 7.716/1989 and 14.532/2023.

**5.2- Collection of evidence:** if possible, gather evidence of the crime, such as offensive messages, witnesses, images, videos that prove racial discrimination. Many don't know, but you can film the incident, take pictures, and gather witnesses. If the crime is online, gather screenshots, messages, and data from the offender to present at the police station.

**5.3- Filing a police report:** go to the nearest Civil Police Station to file a police report about the crime of racism. Provide as many details as possible about the incident. It is possible to file an anonymous complaint in cases of racism crime.

**5.4- Specialized Police Station:** in some cases, you may be directed to a specialized police station for racial crimes or intolerance. In Rio de Janeiro, the Police Station for Racial Cri-



mes, and Intolerance Offenses (DECRADI) can be called upon to investigate cases of racism. Address: Rua do Lavradio, 155. Centro, Rio de Janeiro – RJ. Phone: (21) 2333-3509.

**5.5- Public Prosecutor's Office:** After the police report is filed, a formal statement about the incident may be requested. Then the case may be forwarded to the Public Prosecutor's Office, which will continue the investigation.

**5.6- Monitoring the process:** you can follow up on the process by consulting the Public Prosecutor's Office and the responsible police station. Consider seeking the assistance of a



lawyer specialized in human rights and racial issues for guidance and legal follow-up. Contact anti-racist organizations and movements, which can offer emotional support, legal guidance, and assistance throughout the process.

You can also directly contact the Public Prosecutor's Office, at the Ombudsman's Office, at the following address: <https://www.mprj.mp.br/comunicacao/ouvidoria/formulario>; And fill out the form.

By phone 127 (State of Rio de Janeiro) and (21) 3883-4600 (other locations), Monday through Friday, on business days, from 8 am to 8 pm.

Address of the Public Prosecutor's Office Headquarters: Avenida Marechal Câmara, 370, basement, Centro, Rio de Janeiro, RJ. In-person service occurs Monday through Friday,



on business days, from 9 am to 5 pm.

COORDINATION-GENERAL FOR THE PROMOTION OF HUMAN DIGNITY | COGEDPH from the MPRJ. You can make contact through the email [cogepdph@mprj.mp.br](mailto:cogepdph@mprj.mp.br) or phone (21) 2215-7423.

VICTIM SUPPORT UNIT | NAV from the MPRJ. Service for victim support and assistance in cases of racism. There, you will have access to information, reception, and service, as well as help in following up on the process. Contact can be made by phone (21) 2215-7130 or (21) 2215-7138, or by WhatsApp: (21) 2215-7130.

**Remember, combating racism is a collective responsibility. Encourage the victim to seek help, and always be willing to support the construction of a more inclusive and respectful environment.**

**RACISM IS A CRIME!**





## 6. “In a racist society, it is not enough to be non-racist. We must be anti-racist” - Angela Davis.

Promoting anti-racism involves actions, attitudes, and behaviors in our daily lives. We must intend to be anti-racist. The author Lia Schucman says that “if everything happens in its normality, the result will be racist.”

- Educate yourself, study and read about the history of the Black Movement, racism in Brazil, and anti-racist struggles to better understand our context;
- Read works by black authors and consume media produced by people from different backgrounds;
- Question your own prejudices and privileges. Be open to recognizing and correcting discriminatory behavior;
- Have open conversations about racism with friends, family, and colleagues, promoting awareness;
- Give space to marginalized voices by sharing and promoting the work of black individuals;
- Intervene when you witness racist acts, even the subtle ones. Do not be complicit with discrimination or prejudice;



- Support businesses of black entrepreneurs and avoid brands or products involved in discriminatory practices;
- Be cautious of racial stereotypes and be attentive to language and representations that may perpetuate prejudices and oppression;
- Educate children on diversity, equity, and the importance of respecting differences from an early age;
- Be willing to learn from mistakes, accept constructive criticism, and adjust your behavior;
- Advocate for the inclusion of black people in positions of power and influence and promote representation in all sectors of society.



## IS IT POSSIBLE TO OVERCOME RACISM AND RACIAL DISCRIMINATION?

One way to effectively combat racism is to invest in practices and laws that seek racial equity, increasing the participation of black people in different social spaces.

Understanding that racism is a structure of power, it needs to be combated in environments of power. It is necessary to question and break away from the modus operandi that historically marginalizes the black population and privileges the white population.

Ensure and create conditions so that everyone has the same opportunities, rights, and access. Knowledge liberates, so learning about African and Afro-Brazilian history and culture, recognizing that the history of black people does not begin and end with enslavement, is essential.



This process of knowledge deconstructs stereotypes and prejudices. Brazilian society needs to know and value the history and social contribution of black people. The black population, with their technologies, has deeply contributed to the formation, construction, and development of our country.



## 7. Movie and book recommendations for you to deepen and reflect on the fight against racial discrimination:



### Movies:

**“Medida Provisória”** - Direção de Lázaro Ramos. Brasil. Duração 102 minutos.

**“Des-igualdade”** - Direção de André Corrêa. Brasil. Duração 51 minutos.

**“Corra”** - Direção de Jordan Peele. EUA. Duração 103 minutos.

**“Quanto vale ou é por quilo”** - Direção de Sérgio Bianchi. Brasil. Duração 104 minutos.

**“Vista a minha pele”** - Documentário. Direção de Joel Zito Araújo. Brasil. Duração: 27 minutos. Link: <https://www.youtube.com/watch?v=LWBodKwuHCM>

**“A negação do Brasil”** - Direção de Joel Zito Araújo. Brasil. Duração: 92 minutos. Link: <https://www.youtube.com/watch?v=BijtXd2QTOk>

**“Estrelas além do tempo”** - Direção de Theodore Melfi. EUA. Duração: 124 minutos.



### Readings:

**O movimento negro educador. Saberes construídos na luta por emancipação**, de Nilma Lino Gomes, publicado pela Editora Vozes em 2017.

**O negro no Brasil de hoje**, de Kabengele Munanga e Nilma Lino Gomes, publicado pela Global Editora em 2006.



**O Quilombismo**, de Abdias do Nascimento, publicado pela Editora Vozes em 1982.

**O negro revoltado**, de Abdias do Nascimento, publicado pela GRD em 1968.

**Pequeno Manual Antirracista**, de Djamila Ribeiro, publicado pela Companhia das Letras em 2019.

**“Tornar-se negro” - As vicissitudes da Identidade do Negro Brasileiro em Ascensão Social**, de Neusa Santos Souza, publicado pela Editora Graal em 1983.

**Pacto da branquitude**, de Cida Bento, publicado pela Companhia das Letras em 2022.

**O que é racismo estrutural?**, de Silvio Luiz de Almeida, publicado pela Letramento em 2018.

### Websites:

<https://www.geledes.org.br/>

<https://www.quilombhoje.com.br/site/>

<https://africaeaficanidades.com.br/>

<https://abpn.org.br/>

<https://www.gov.br/igualdaderacial/pt-br>

### Places and institutions:

Museu da História e Cultura Afro-brasileira  
– MUHCAB

Museu do Negro

Instituto Pretos Novos – IPN

Museu do Samba

Museu da Maré

Museu da Rocinha - Sankofa



## HAVE YOU HEARD THAT SESC RJ HAS A PROJECT TO COMBAT RACISM AND PROMOTE ANTI-RACIST EDUCATION?

The **CONSCIÊNCIAS** project was created in 2022, aiming to promote the discussion and reflection on themes and issues related to race and structural racism in Brazil.



The project carries out educational programming based on the humanities and social sciences. Through engagement with individuals, territories, institutions,

and a systematic schedule distributed through our units, public schools, institutions, museums, NGOs, we promote anti-racist education in line with Federal Law 10.639/03.

With a multilanguage format, and with activities such as workshops, courses, conversation circles, tours/walks, presentations, exhibitions, etc., aimed at the public, it involves different social actors in a broad debate about racism, fostering the search for ways to overcome it.

The project has already surpassed the mark of 90,000 services, having produced two books that present texts and accounts of experiences from the educational actions carried out in the execution of the project's activities.



Read or download the books “The Awakening of Consciences” here:

**Volume 1:** <https://portaldaeducacao.sescrrio.org.br/wp-content/uploads/2022/12/O-despertar-das-consciencias.pdf>

**Volume 2:** [https://portaldaeducacao.sescrrio.org.br/wp-content/uploads/2023/12/CONSCIENCIAS\\_vol\\_II\\_DIGITAL.pdf](https://portaldaeducacao.sescrrio.org.br/wp-content/uploads/2023/12/CONSCIENCIAS_vol_II_DIGITAL.pdf)

For more information about the project, visit our **Education Portal:** <https://portaldaeducacao.sescrrio.org.br/projetos/consciencias-tempo-de-esperancar/>



