



## **INTERVIEW WITH DISCRIMINATED PERSON**

### **From Poland**

#### **What do you think discrimination is?**

*In my opinion, discrimination is treating a person or a group of people unfair because of their difference or belonging to a minority.*

#### **Have you ever been discriminated?**

*Yes.*

#### **What was the reason for the discrimination directed towards you?**

*My appearance and „different” behavior.*

#### **Can you describe the situation in which you felt discriminated? How did you feel then?**

*I felt discrimination at primary and middle school. When I was younger I didn't quite fit into the class community. The children rejected me, didn't want to play with me or sometimes even talk. Many times jokes or nicknames were directed towards me. It made every day at school a nightmare for me, sometimes I was just scared to go there. Another situation took place in junior high school when I wanted to take part in a sports competition. Maybe I'm not the athlete type, but I just wanted to try, not for victory, just for pleasure and sense of commitment to something. Because of my weight I was laughed at and I was not allowed to take part in the competition. It was one of the most humiliating situations in my life. Then I never took part in any sporting events in my life.*

#### **Do you feel the impact of the discrimination you experienced on your present life?**

*There are situations when the memory of those moments prevents me from going any further. I'm afraid that people will judge me again, that I will be discriminated again. My past as a person who has experienced discrimination does not allow me to be 100% myself, sometimes I feel like I'm pretending my whole life not to be rejected by society again.*

***Do you think discrimination is a big problem nowadays?***

*I think so because, despite the general awareness of the world about the harmful effects of discrimination, more and more people are experiencing it, because of gender, religion, skin color or sexual orientation. A person who has never experienced discrimination will not be able to understand how you feel at such a moment. Someone who has never been in a group of harassed minorities does not know that we often lose our identity in fear of judgement.*

***What are your ideas on how to fight discrimination? What can people do to lower its level?***

*The fight against discrimination must be started in an early age. We should try to make children spend as much time as possible in various environments. However, I am aware that not every type of discrimination can be eliminated at once. Probably deeply rooted memories that cause us fear, fear of the "other" person, this tendency to discrimination will remain in society for a long time.*