

5 Ways To --- Handle Discrimination



1. Document Incidents

Keep a detailed record of any instances of discrimination, including dates, times, locations, people involved, and descriptions of what occurred. This documentation can be valuable if you decide to report the discrimination.

2. Report the Discrimination

Utilise the organisation's reporting mechanisms to report any incidents of discrimination to your HR department, supervisor, or relevant authority. Ensure that you follow the established procedure for making a complaint.

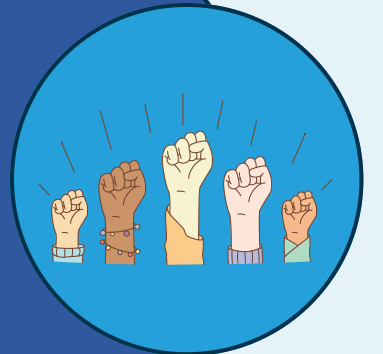


3. Seek Support

Reach out to colleagues, friends, or mentors for emotional support and guidance. Discussing your experiences with others can provide valuable perspective and help you cope with the emotional impact of discrimination.

4. Know Your Rights

Know Your Rights: Familiarise yourself with your legal rights and protections against discrimination in your jurisdiction. Understanding the laws and regulations in place can empower you to advocate for yourself effectively.



5. Consider Legal Action

If the discrimination persists or escalates, consult with a legal professional who specialises in employment discrimination to explore the possibility of legal action, ensuring your rights are protected.