

Standing up for your rights



Standing up to racism

Document the situation

- Write down what happened, where and when it took place, and who said what.
- Document the situation as soon as possible.
 You can also use our contact form.
- Keep any evidence, such as WhatsApp messages.
 This may be useful later.

Seek advice

- The Ombud for Equal Treatment can provide you with free, independent and confidential advice.
 We will talk to you about how to proceed and what legal steps to take.
- You can of course bring someone you trust with you to the meeting.
- If you would like advice in a language that you are familiar with, we will provide a translation or interpreting service.

People say that they have experienced racial abuse on the street or online and that they are treated differently by authorities or the police because of their ethnicity. Please report this discrimination to us too. We document racist incidents and show you where to go for advice.

"One of my father's colleagues is always telling anti-Semitic jokes.
He doesn't know that we're Jewish.
My father is scared to tell him."

"My partner was born in Ghana.
Although we'd booked a table, the
waitress said they didn't have any
room for us. The evening was ruined
and we felt humiliated."

"I completed my training last year.

But I can't find a job because I wear a
headscarf. I don't know what to do now."

"We're looking for people to rent our flat after we've moved out. The landlord is fine with this as long as they're not 'foreigners'. We can't accept this kind of prejudice."

"My teacher makes fun of the Turkish pupils in our class. No one says anything but I don't think it's ok."

Racial discrimination is illegal



If people are discriminated against because of their skin colour or ethnicity, this is racism. People are often discriminated against on the basis of their religion too. Common types of discrimination include antisemitism, anti-Muslim racism, racial discrimination against Romani people or against people of colour.

Discrimination impairs people's dignity, restricts them and violates their rights. Racism divides our society and thus harms us all.

The Equal Treatment Act prohibits discrimination at work, in vocational training, at school, in shops and with respect to housing, insurance and certain social benefits.

You have the right to a non-discriminatory workplace. Your employer must take action against racial discrimination as soon as they become aware of it.

The Ombud for Equal Treatment advocates respect, dignity and equal rights for all. Racism can have no place in our society.

Taking action

Take action and report racial discrimination to the Ombud for Equal Treatment. Even if you just observe a racist incident, you can report it to us.

Documentation, advice and support

The Ombud for Equal Treatment documents all reported racist incidents. We provide you with free, independent and confidential advice. We listen to you and talk to you about your legal options. And we only proceed to the next step if you give your consent.



For further news and information follow us on Instagram:

@wege_zur_gleichbehandlung

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