



EMOTIONAL IMPACT OF DISCRIMINATION

Marnie Elizabeth Griffiths- 1802698- Personal Development

Age: 22

Height: 5'4

Eye colour: Blue

Car: Baby blue Fiat 500

Favourite place to go: Starbucks

A lot of people could paint a very good picture in their head about the girl I have described...



Discrimination: My Opinion

- I feel discrimination is an uncontrolled, unwanted form of verbal and physical prejudice.

To Expand:

- I think all people have prejudices
- I think people are fuelled by their environment and surroundings
- I think people are scared of abnormalities and “abstract” ways of living
- I think people have these prejudices from a young age, and experiences in their life, shape the way they act upon these prejudices.





(American History X, 1998)

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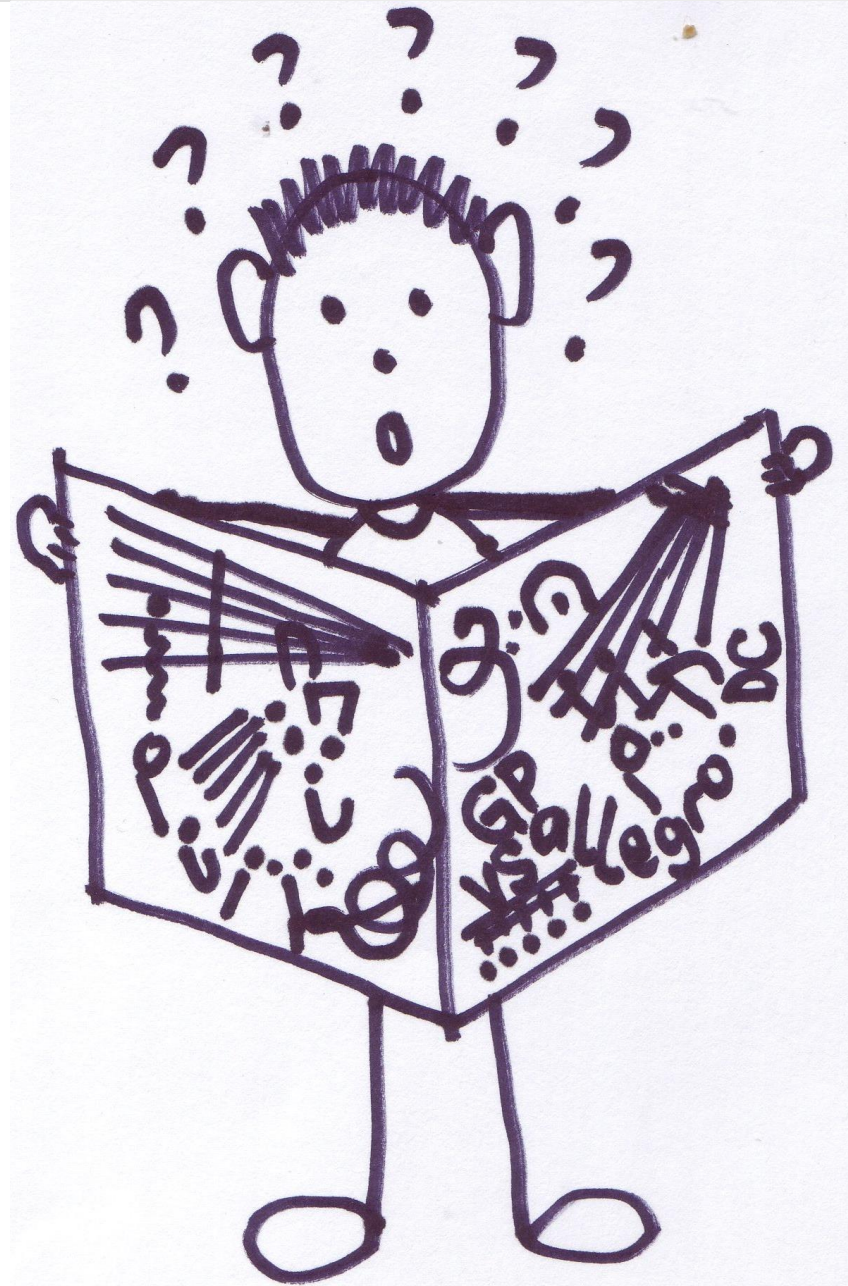
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Have I Been Discriminated Against?

- Absolutely-
- I have had endless experiences of discrimination.
- I believe that all cases of discrimination are severe, as discrimination affects people differently and you can not measure someone's subjective view.

So what happened to me?

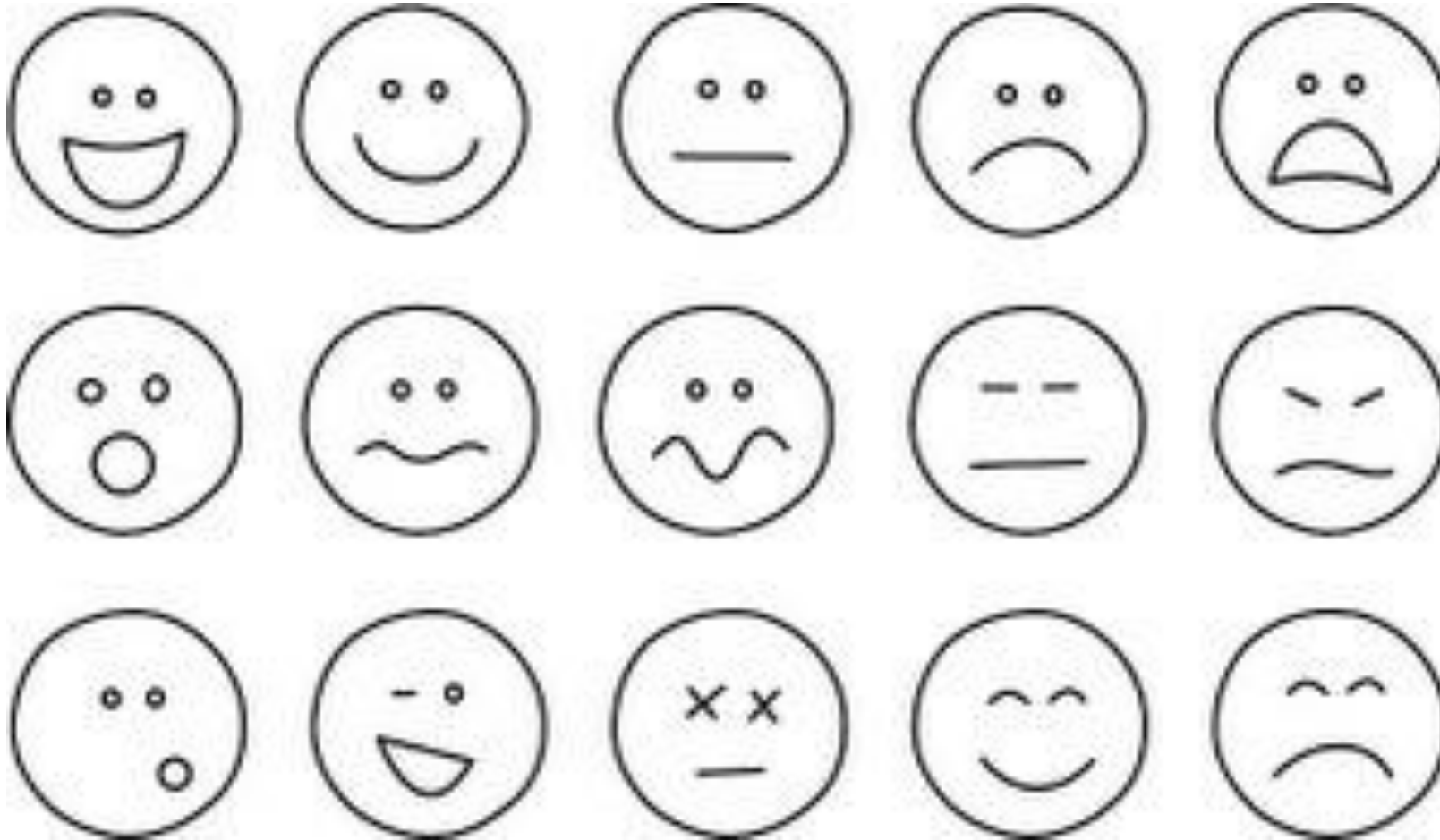
- Age 12- I was the only person in my year who was not allowed to play the violin as I couldn't read the music in an induction- It turns out, music reading is extremely hard for a person who has dyslexia, according to the British Dyslexic Association (2019) as non language symbols (or notes in this case) confuse the brain and it can not process them in the same way.



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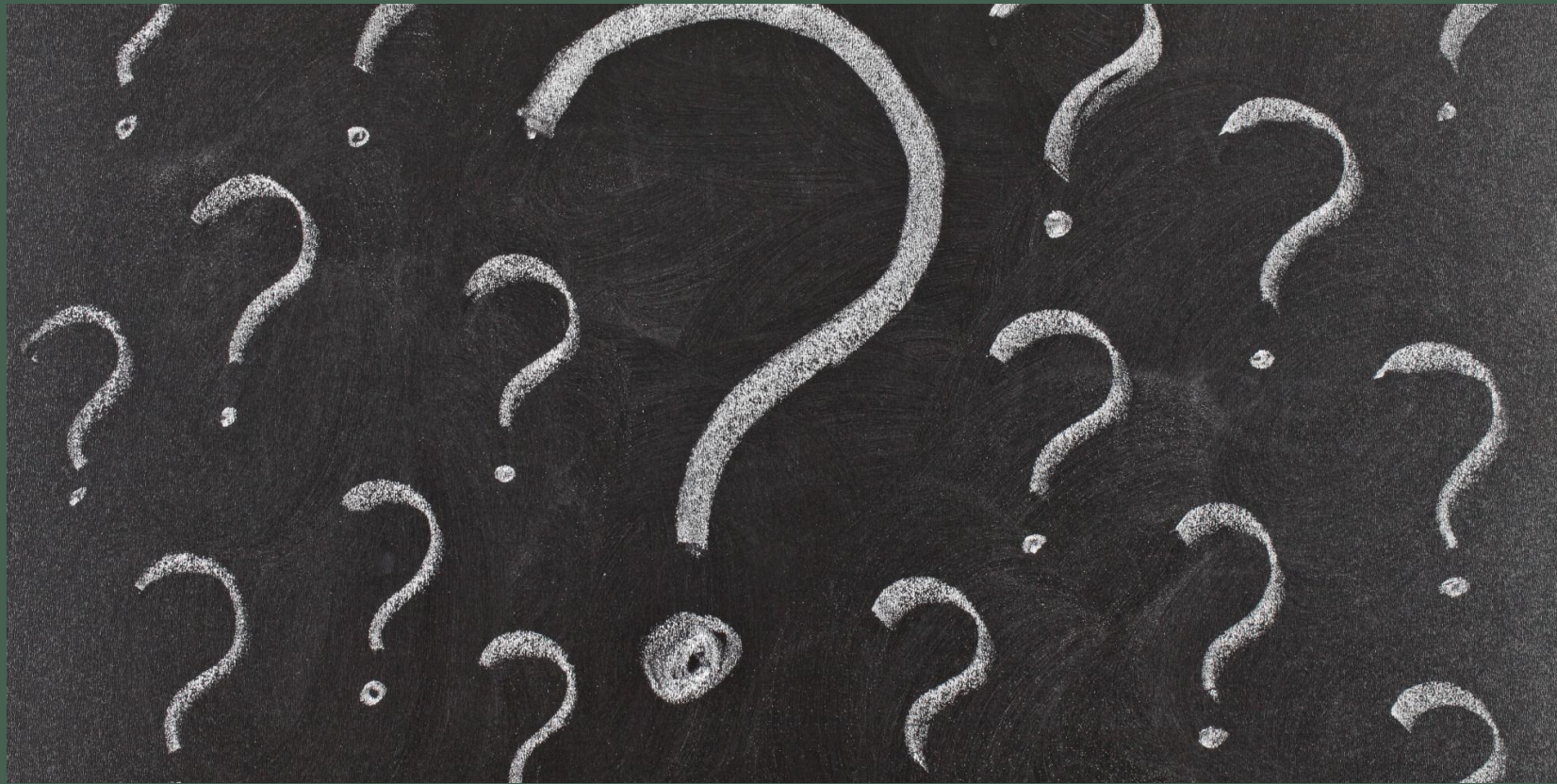
- Age 21- As some of you know I had my gall bladder out last April, I was still having problems in January with stomach pains. So I went to the doctors and he asked me some questions about my social life. After I had said I was a student on my first year at university and being 21 years old, he automatically assumed my stomach problems must be due to “all those student nights out on the town” and denied me any further medical investigations on my problem.



My feelings
after these
experiences:

- These experiences will probably stay with me for a long time and even though they did not cause serious harm to me, they did affect me negatively. This may be completely different for someone else. As I said earlier, discrimination affect everyone very differently.

Thank you! Any Questions?



References:

British Dyslexia Association (2019) *Music and dyslexia*. Available at:
<https://www.bdadyslexia.org.uk/educator/music-and-dyslexia> (Accessed: 3 May 2019).

American History X (1998) Directed by Tony Kaye [DVD]. USA: New Line Cinema.

Pierson, J. (2010) *Tackling social exclusion*. 2nd Ed. Oxon: Routledge.

Lago, C. (2010) *Anti- Discriminatory Practice in Counselling & Psychotherapy*. 2nd Ed.
London: SAGE Publications Ltd.