

Mobile Phone Diaries

The “Mobile Phone Diaries” are a range of real life examples of racism from people’s own day to day experiences. These videos show the reality of racism in the UK today, showing that racism is an every day thing and happens in ways that people don’t always recognise.

We asked people to record their personal experiences of racism as they occurred. The experiences were of things that have happened directly to them. You can find the videos here: https://youtu.be/mem_M2vmST0

Exercise:

These videos feature microaggressions. Microaggressions are the everyday, subtle, intentional, and sometimes unintentional, discriminatory behaviours and interactions people experience. No matter how unintentional they may be, they are still racism.

Watch each video, then have an initial discussion in your group around what you heard and saw. Is this racism? You can also use the below table to discuss the video in a group and identify the theme, micro aggression and hidden message in each experience.

Theme	Microaggression	Hidden Message
e.g. Alien in own land	e.g. “Where are you really from?”	e.g. You are not British. You are a foreigner.