**Racism and Racial Inequalities**

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Course Full Title

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Due date

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In one of the topics covered this week, I have learned about racism as a social construct. A social construct is a perception or idea that people create and make them meaningful in society (Braveman & Dominguez, 2021). For example, people created a perception that they differ significantly based on their skin color and cultural backgrounds. People from some races view themselves as superior, which leads to discrimination. It is inappropriate to discriminate against anyone based on their skin color or place of origin. We must advocate for economic, social, and political equality for all human beings.

I have also learned about social problems relating to prejudice, racial inequalities, and racism. While racism is discrimination based on skin color or race, prejudice is a preconceived opinion, judgment, or action that can aim at harming someone (Shiao & Woody, 2020). People with prejudice can dislike others because of their religion, sex, or race. However, these are natural aspects, and we should never use them as the basis for creating hatred. Racism and prejudice lead to many social evils, including nepotism, murder, torture, and unequal income distribution. We can address these problems by treating each other fairly and equally.

In my experience, cultural norms have influenced my thinking about racism as a social construct. I grew up in an environment where everyone is valued regardless of race. However, I have experienced many incidents of mass shootings, which are triggered by racism. People kill others because they dislike them based on their skin color. I have also experienced some people being exposed to police brutality due to racism. These are social evils that we must address. I am optimistic that at one point in time, there will be fairness and equality in the world.

**References**

Braveman, P., & Dominguez, T. P. (2021). Abandon “Race.” focus on racism. *Frontiers in Public Health*, *9*. <https://doi.org/10.3389/fpubh.2021.689462>

Shiao, J., & Woody, A. (2020). The meaning of “Racism”. *Sociological Perspectives*, *64*(4), 495-517. <https://doi.org/10.1177/0731121420964239>