

# WHAT IS RACIAL GASLIGHTING?

Racial gaslighting is the same as gaslighting, where a person makes another person question their own judgement, sanity, perception or memory, except with a particular focus on making the victim question their judgement on issues of racism.

It's a tactic that's used to derail any accusations of racism make the victim feel like they're overreacting, even when their response is reasonable.

"WE DON'T KNOW BOTH SIDES."



## Racial Gaslighting Infographic

### SIGNS OF RACIAL GASLIGHTING



### HOW TO RESPOND TO RACIAL GASLIGHTING?

#### Vocalise & Address

Discern and convey discomfort as to why the racist comment is being made.

#### Separate Intent from Impact

Clarify why the comment was made as it is imperative to explain why the statement was racist.

#### Keep Calm

It is okay if someone decides not to listen and/or disagrees, as informing them of their error is what matters most.