

# Isms explained

**SIZEISM**

Discrimination based on size (especially weight)

**SEXISM**

Discrimination based on gender and gender expression

**ABLEISM**

Discrimination based on a person's disability

**HAIR DISCRIMINATION**

Discrimination based on hair type (i.e. curly, coily, straight, wavy, kinky), typically showing favor for straight hair.

**COLORISM/ SHADEISM**

Discrimination based on skin tone, typically among people of the same ethnic or racial group

**RACISM**

Discrimination based on race (i.e. American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander)