

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)