

RACE

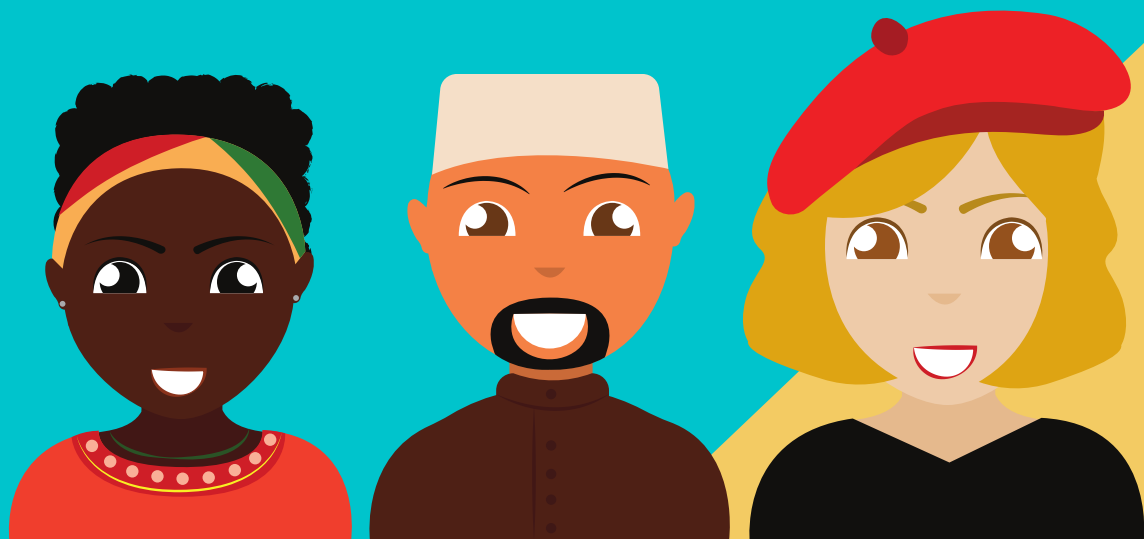


Refers to common physical characteristics and traits of an individual. People are assigned to a race based on characteristics such as skin colour eg. Black or White



VS

Refers to an individual's culture. Grouping people based on their common heritage, language and traditions eg. English, Chinese, Nigerian



ETHNICITY

These two terms are often used interchangeably but are not actually synonymous with each other. It is important to remember the difference as these terms are used to describe an individual's identity. Understanding the difference can help you to use terms that are acceptable and respectable. It is important to remember that race and ethnicity are social constructs.

Tip - People of the same colour may be viewed as the same race. People who live in the same country, speak the same language or have the same traditions will tend to be of the same ethnicity. If in doubt just ask. Many people have their own preference to what they want to identify as.

Learn more at:

- University of Brighton:
 - [Supporting Health and Sport Students in Practice 'Supporting students of colour'](#)
- Canterbury Christ Church University:
 - [Bridging the Gap to Leadership](#)
 - [Closing Our Gap](#)



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