

How can I help?

Discrimination and Experiences of Bias

Recognize.

Discrimination occurs when someone is deprived/denied a benefit, like employment or an educational opportunity, because of identity/protected class identity.

Experiences of bias involve behavior, speech, or expression that is motivated by bias based on perceived identity and has a negative impact.

Respond.

If someone tells you they've experienced discrimination or bias:

- Listen to understand the impact that they're experiencing
- Check in on safety
- Take the person seriously
- Validate their feelings/impact
- Inform them they have rights and options
- Support them in doing what they decide is best for them

Reach out.

CU Boulder's Office of Victim Assistance (OVA) is a free and confidential advocacy and trauma counseling center on campus for for all students, staff, and faculty. Reach out for support and guidance on how to help someone, or for yourself.



Scan to learn more



Contact: (303) 492-8855 | colorado.edu/ova

