

Equality and fair treatment for all

Discrimination, is making a distinction against a person or thing based on the group, class or category they belong to rather than basing any action on individual merit.



All humans are equal because we are all similar and are capable of failing and achieving the same things. Everyone ends up at the same place



"If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage."-
Dhammapada

People should try and reduce the suffering of others because it isn't fair to them and we should all get equal chances; nobody should have a better advantage than another. Nobody deserves to suffer if they are innocent.



Prejudice, is forming an unfavourable opinion or feeling towards a person or a group without a full examination of the situation.

It is wrong because if one person treats another differently based on race, sexuality or age, then that person is denying the other their human rights.



Key Buddhist terms:

Dukkha- The acceptance that suffering exists, we all suffer

Samudaya-The realisation that suffering is caused by something

Nirodha-The good news that suffering can end

Magga- Way to end suffering