

Zero Discrimination Day – 1 March 2025

Zero Discrimination Day aims to promote global solidarity to end global discrimination for good. This day educates and encourages people to promote inclusion, compassion, peace, and change for the betterment of everyone. Celebrated annually on the 1 March and organised by the United Nations (UN). Previous themes include:

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| 2024 | To protect everyone's health, protect everyone's rights. |
| 2023 | Save lives: Decriminalise |
| 2022 | Remove laws that harm, create laws that empower |
| 2021 | End inequalities |
| 2020 | Women and girls, zero discrimination |

In previous years, such as 2024, the theme was 'to protect everyone's health, protect everyone's rights. That theme highlighted the importance and need to protect people's health, and rights, and put an end to AIDS.

What is Discrimination?

Discrimination is the biased, unjust, or prejudicial treatment of someone, or groups of people, based on characteristics like race, gender, age or sexual orientation. Facing discrimination can be detrimental to mental health and wellbeing. It can also create isolation for individuals, so it is important to protect people's health.

People can be discriminated by the following characteristics:

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| Age | Gender | Race |
| Disability | Religion | Pregnancy and Maternity |
| Sexual Orientation | Gender reassignment | Marriage or Civil Partnership |

All of these characteristics are protected by the Equality Act 2010.

Equality Act 2010:

The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society. This act has replaced previous anti-discrimination laws with a single act, making the law easier to understand strengthen protection in some situations.

How can we promote Zero Discrimination Day?

We can promote this day by ensuring everyone is aware of the equality, diversity and inclusion policy. By following these policies, it can ensure people are treated fairly and their wellbeing is viewed as important. Also, people can celebrate awareness days and events by encouraging people to get involved and commemorate important topics and dates that may affect people you know. Example of awareness days, Black History Month and Pride Month.