

A BOOK BY MALMÖ MOT DISKRIMINERING

# KIM'S STORY

...about when things were unfair.  
And when they got better again.



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### **Thank you**

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### **Malmö mot Diskriminering**

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**ALLMÄNNA  
ARVSFONDEN**



**Malmö  
mot  
Diskriminering**

# Hello!

My name is Dibu and I have written this book for you.

This book is about Kim who lives in Sveby with his family and friends. Kim is a pretty happy guy, but sometimes he and his friends see something that is unfair. That's when Kim gets a stomach ache or gets mad.



Being nice to one person and mean to someone else is unfair. That kind of unfairness can also be called **discrimination**.

Just like Kim I also get sad and mad when someone is being unfair. I want to fix things and make them right again. But sometimes I don't know how.

That's what this book is all about. It's about the importance of speaking out when something bad happens. You should never have to be alone when you are sad.

When Kim tells an adult that he trusts about what happened it often makes things better.

Maybe we can find more ways to talk about things that are unfair together? Keep reading to find out more.

I will see you again in a few pages!

# This is Kim

Kim is 8 years old and lives in Sveby. Kim is a boy who likes things that sparkle and shine. Like purple sequins. Shiny green marbles. And golden candy wrappers. They're fun to play with.

One thing that Kim really likes to do is to go to school and learn new things. And to play with his best friend Bilan. Bilan is the most fun person in the whole world.

At Kim's school there is Bilan and Kim's classmates Moa and Robin. Kim's school also has two teachers, a counselor, a student assistant and a recess guard. And all the other classmates, of course.

At Kim's place, there is Dad. In the house next door there is Miriam who works at the fabric store.



# Stomach ache

Kim doesn't want to go to school. He refuses to go. "I have such a stomach ache" he tells Dad.

Dad asks Kim, "Why do you have a stomach ache?"

At first Kim doesn't want to say. Dad waits.

"It is the kind of pain that feels like ice", says Kim. Dad sits quietly and listens closely.

"Not everyone is nice. Moa makes fun of me. And no one says anything. Well ... Bilan does. But Bilan wasn't there yesterday".

Kim goes quiet. Dad places his hand on Kim's back. Kim takes a deep breath.

"It was during recess. Almost everyone in class was watching...", Kim speaks with a low voice.

Now it feels as if he's back there again, when Moa pointed at his shirt and yelled "Pink and gold are so ugly!" He can hear the other kids laugh. He tries to hold back his tears. It feels like there's a big lump in his throat. The school bell rings and he takes a seat in the very back of the classroom. He feels lonely.

Kim feels better after telling Dad. Dad says that he will call the teacher tonight to talk about what happened.



I feel bad about Kim being teased. I wonder why it happened? Maybe Moa also wanted a pink and gold shirt? I wonder if Moa is upset now too.

It's good that Kim's dad is going to call their teacher. Schools cannot allow children to make fun of other children.

### **HAVE YOU EVER BEEN TEASED AT SCHOOL?**

- ♥ Tell a teacher or someone else who works at school.
- ♥ Tell a parent or another adult that you trust.
- ♥ Telling someone can feel good.

If the adult doesn't know what to do – show them this book!

What do you think?

- ♥ Why did Moa tease Kim?
- ♥ If Kim was in your class and got teased, would you have had the courage to defend him?



# I'm allowed to be a whirlwind!

Bilan is almost always full of energy. That goes for her head too. Sparks fly off her like lightning! Happy orange lightning bolts.

Sometimes Bilan moves so quickly that Kim imagines speed lines in all the colors of the rainbow trailing behind her. The teacher says that Bilan is like a whirlwind.

Today when Kim comes to school Bilan is mad and upset. Dark lightning bolts are flying off her now.

The teacher just scolded Bilan. "You **MUST** sit still on your chair or else you'll have to leave the classroom!" the teacher had yelled.

"Mean", thought Kim. Bilan can't sit still, she's a flashing whirlwind! During recess Kim asks Bilan if she wants to go and talk to the counselor. She does. They go there together.

The counselor is an adult at school whose job it is to talk to children when something bad has happened.



Bilan tells the counselor. The counselor listens.

“Why isn’t your student assistant here to help you today?” the counselor wonders, after Bilan finished talking. Bilan and Kim also wonder about that.

“I will talk to the teacher and ask how this could happen”, says the counselor.

“The teacher should be aware that you are meant to have the help of a student assistant.”





Bilan has something called ADHD. ADHD can be felt in different ways for different children. Bilan thinks that it is like having rockets for legs. Sitting still is hard. She also feels like she has time to think a thousand thoughts before others have even had time to think about two things. But when Bilan finds something boring it can be really hard for her to focus all her thoughts on that one thing.

At school the teacher often wants the children to do things that are hard for Bilan, such as sitting still with a boring task. It can feel unfair. That's why Bilan has a student assistant who helps her.

A student assistant is an adult who gives extra help to students who need it. The student assistant usually sits beside the student in order to help them when it is needed.

School should be for everyone. That is why it isn't right for the teacher to scold Bilan when her student assistant is home sick. Instead of doing that, the teacher should find a different kind of task for Bilan to do.

## HAS SOMETHING LIKE WHAT HAPPENED TO BILAN EVER HAPPENED TO YOU?

- ◆ Tell the counselor, a school nurse or someone else at school that you trust. Do you have a classmate that can come with you, like Kim did when Bilan went to see her counselor? That can make it easier.
- ◆ Tell a parent or some other adult that you know.
- ◆ Do you need extra support in school like Bilan does? It is your right to get support and help if you need it!

What do you think?

Why did the teacher yell at Bilan?

Why did Bilan get mad and upset?

What would you do if you were Bilan's friend?

# No kids allowed in the store!

Just next door to Kim's house, Miriam has a store. A sign above the door reads FABRIC in capital letters.

Once in a while, Kim goes inside the store to look at the pretty, shimmering fabrics. Sometimes he touches them. Strokes his hand over the smooth fabric. Gently handling the sequins.

One day when Kim arrives at the store, Miriam has put up a sign. Kim reads the words slowly. It says: "No kids allowed!"

"But I am a kid", Kim thinks.

"I just want to look at the fabrics. Why can't I come in?" he wonders. At first Kim is upset. After a while, he actually gets a little angry. He thinks it is unfair.

# FABRIC





Kim is a child and there is nothing he can do about it.  
Miriam's rule punishes Kim even though he hasn't done anything wrong.  
That's why it feels unfair.

Maybe other children have made a mess in the store and upset Miriam.  
But why should all children be banned because of that?

### **DID YOU KNOW?**

Everyone under the age of 18 is a child. The law says so.  
Sometimes there is a good reason for rules that say that children can't do certain things. For example, children are not allowed to drive because that would be dangerous.

But sometimes there isn't a good reason for a rule. Those rules make it feel like adults don't understand children and only think they are in the way. It can also feel like adults want to decide things for children just because they can. Things shouldn't be that way.

## HAS ANYONE EVER TOLD YOU THAT YOU CAN'T BE IN A STORE OR OFFICE BECAUSE YOU ARE A CHILD?

- ♥ Tell the store owner that it is unfair to stop all children from coming in just because they are children.
- ♥ Show this book to an adult that you trust. At the end of the book there is a list with important telephone numbers that can help.

### What do you think?

- ♥ Why doesn't Miriam want any children in her store?
- ♥ Can you think of anything that children aren't allowed to do that you don't agree with?

# Throw like a girl!

Kim's class has PE today. The teacher divides the class into two teams and tells them that they are going to play handball.

Kim ends up in Moa's team. Bilan is on the other team. Kim's stomach feels a little uneasy. He is on his own now, without his best friend Bilan.

But when the game starts Kim feels confident. Kim gets the hang of things and keeps his eye on the ball. Moa has the ball now. And Kim happens to stand right next to the goal. Their eyes meet.

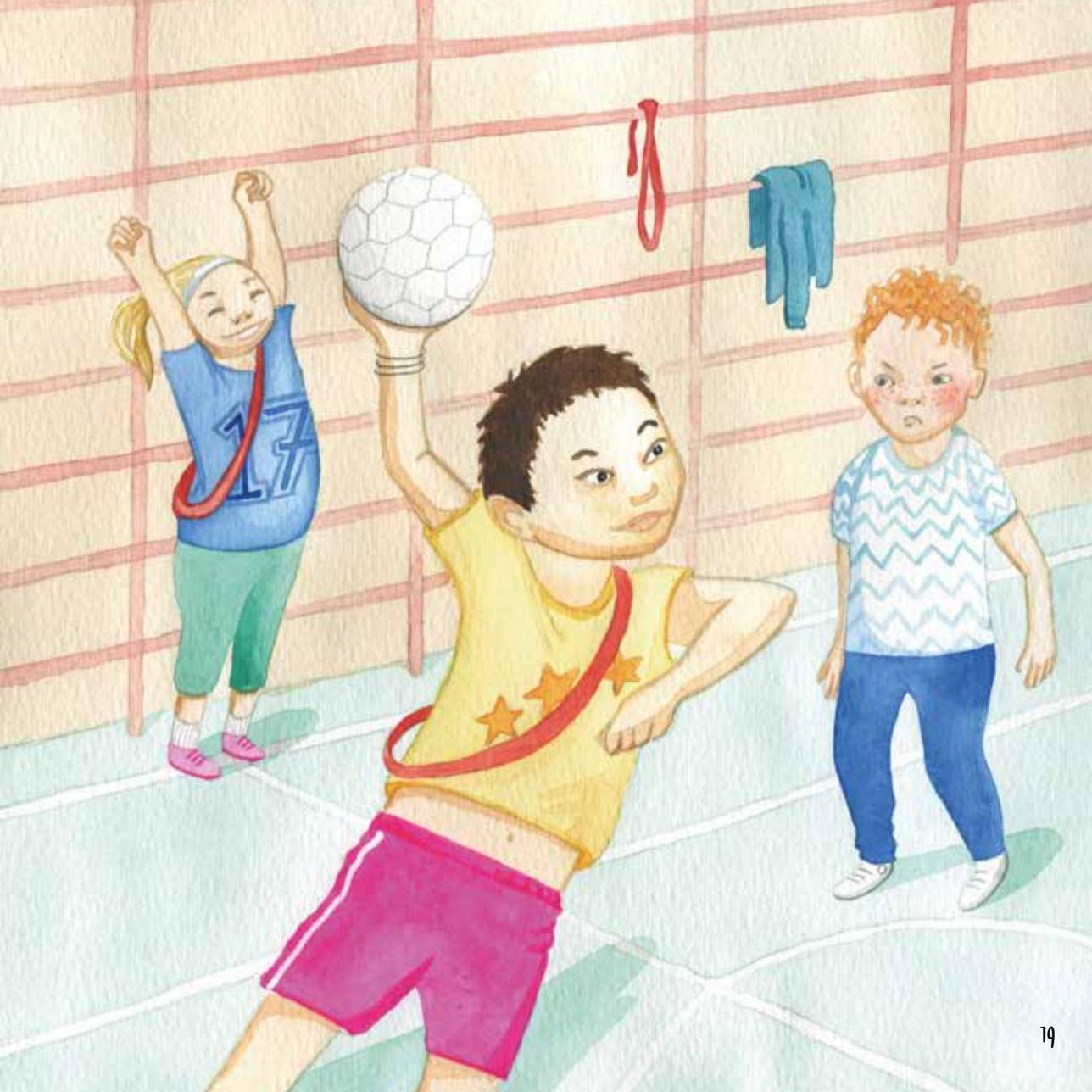
Time suddenly slows down, Kim watches as Moa aims and passes him the ball. It is a long and steady throw and Kim catches it. He then turns towards the goal, swings his arm around and gives it all he's got.

NO! It's a miss. The ball slams into the goal post. Even though it's a miss Kim feels proud to have been part of such a good pass. His stomach doesn't feel uneasy anymore.

Just then his classmate Robin shouts "Ha ha! Kim throws like a girl!" Robin's voice is hard.

The good feeling Kim had vanishes. But suddenly a firm voice says "What do you mean? Girls are good at throwing and so is Kim!" The voice belongs to Moa. She smiles quickly at Kim and everything feels all right again.

Then the teacher says "Stop arguing Moa! Come on! Let's get back to the game everybody!"



After class Kim, Moa and Bilan tell the teacher that they feel it was wrong of her to only tell Moa off when Robin was the one who started it.

They tell the teacher that some people say mean things about the girls whenever they play soccer during recess. Like being a girl was a bad thing. It doesn't feel good.

The teacher's eyes open wide "I didn't think those things happened at this school."

"I am sorry that I told you to stop arguing Moa. I didn't understand what was going on. I will talk to Robin. And I will also talk to your homeroom teacher. This kind of thing can't go on. It's nice that you stand up for each other!" she says with a warm look.

Moa, Kim and Bilan smile at each other.



It can be hard to know what to do when the person in charge has not understood what has happened. But sometimes it is just a matter of the teacher not having kept up with what is going on.

At other times, it feels like adults don't want to understand how serious things are.

## **HAVE YOU EVER HAD AN ADULT NOT LISTEN TO YOU WHEN YOU TELL THEM WHEN SOMETHING BAD HAPPENED?**

- ◆ Tell a different adult at school! For example, another teacher that you trust. If you have a friend who can go with you, you could do it together.
- ◆ Tell a parent or some other adult that you trust.

### *What do you think?*

- ◆ *Why do some think that it is better to throw "like a boy"?*
- ◆ *Is that really true?*
- ◆ *Would you have had the courage to stand up to Robin, like Moa did?*
- ◆ *Why didn't the teacher tell Robin off?*



# Frozen

“Bilan, do you want to play with us?” Moa calls from the schoolyard. Kim is standing beside her. He has a big smile on his face and points to the air. “Look! It’s like in Frozen!”

Bilan runs to them and looks up at the sky. Big wet snowflakes are slowly falling down. They melt as they land on the pavement.

All three are immediately thrown into the game. At once they’re in a landscape of glistening frost. Great big icicles hang from the roof of the school which has turned it into a castle and far away there are high mountains. And look - everything they touch turns into ice!

“But who is who?” Kim asks and then yells “I am Anna! Elsa’s brave little sister!”

“I am Elsa!!” Bilan and Moa cheer at the same time. They both go quiet and look at each other.

“Should we do “Eeny, Meeny, Miny, Moe”? Kim asks, “the one who is Moe gets to be Elsa...”

But Moa doesn’t want to play Eeny, Meeny, Miny, Moe. She wants to be Elsa with an ice blue dress.

“I have blond hair. Only I can be Elsa! You can’t be her!” Moa looks at Bilan.

“Can too!” Bilan answers. I’m the one who has super powers and I can turn things into ice!” she points her finger as if it were a magic wand - straight at Moa.

Moa jumps to the side “No you can’t! You can never be Elsa because you’re brown!” Moa yells.



Dark lightning bolts suddenly flash around Bilan. She runs into the school which is not a castle anymore. While all the snow and ice and the high mountains melt away.

“What happened to the game where everything was possible?” Kim wonders. He doesn’t know what to do.

Sam the recess guard comes up to Moa and Kim and asks what happened.

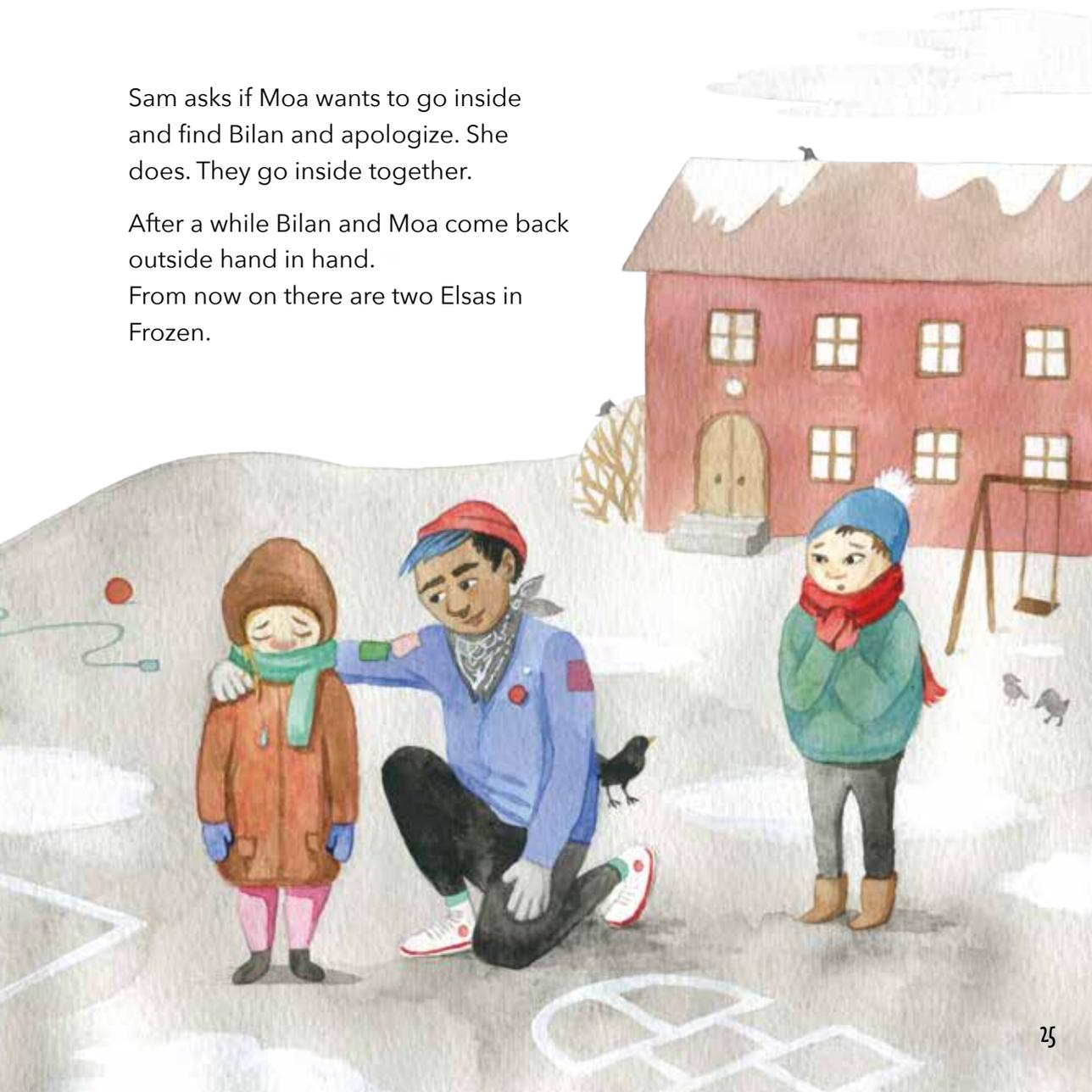
They tell him. Moa starts to cry. “I never wanted to be mean but I wanted to be Elsa!”



Sam asks if Moa wants to go inside and find Bilan and apologize. She does. They go inside together.

After a while Bilan and Moa come back outside hand in hand.

From now on there are two Elsas in Frozen.



It is good to tell an adult at school when something goes wrong and some help is needed. Everyone does things that aren't nice sometimes. Making someone sad may not be done on purpose.

## HAVE YOU HAD AN ARGUMENT WITH A FRIEND BECAUSE YOU SAID SOMETHING MEAN?

- ♥ Please ask an adult for help. Like Kim did when he asked Sam.
- ♥ Saying sorry can be hard, but it usually feels much better afterwards.

## What do you think?

- ♥ Why do princes and princesses in movies often have pinky-beige skin and light hair?
- ♥ Why do you think Bilan got mad at Moa?
- ♥ Why do you think Moa got upset? If Sam the recess guard hadn't arrived, what do you think would have happened?



# Discrimination

Discrimination means to treat one person badly and another person well. It is another word for being unfair.

Kim was teased for his pink and gold shirt. It was a shame because it is his favorite. Boys can like pink and gold as much as any other child.

If you are a girl or boy or neither a girl or a boy it shouldn't matter. It's nice to wear things that you like.

When the teacher told Bilan that she couldn't stay in the classroom if she couldn't sit still, Bilan felt that she had

been treated unfairly. The teacher could have given Bilan another kind of task to do. Sitting still is difficult for Bilan sometimes because she has ADHD.

There are rules that say that schools have to help children that need support. For example, if a child needs more time to read and write. Sometimes this is called dyslexia. In that case, the child should be given extra time.

Or if a child uses a wheelchair. Then there should be ramps over stairs and thresholds so it is possible to enter all the rooms at school.





When Miriam put up a sign that said that no children were allowed in her store, it felt unfair.

It felt like Miriam was saying that all children are bad, Kim thought. It is not OK to keep children out of a store just because of their age. It is only ok if there is a good reason for it.

Moa, Kim and Bilan thought it was mean when Robin yelled that Kim throws like a girl after he missed the goal.

The teacher didn't tell Robin off, but instead told Moa to stop arguing. But when they explained to the teacher

what actually happened she apologized.

Teachers should always listen. When a teacher hears about a child that is being teased or bullied or when something bad has happened at school the teacher must do something about it.



When Moa told Bilan that she couldn't be Elsa in Frozen because she has brown skin, Bilan was upset.

Sam the recess guard saw what happened and helped Moa to apologize.

Children can be whoever they want to be whether their skin color is pinky-beige or brown. No child should be treated badly because of the color of their skin.

The school should work to make sure that children aren't treated unfairly because of their skin color. For example, teachers can read books and show movies about princes and princesses that have both brown and pinky-beige colored skin.

There are laws that say that discrimination is wrong. The law also says that teachers, the principal and all adults who work at school must get rid of all discrimination or unfairness at school.

All children are different. The school should change itself to fit all the different ways of working that children have.

The adults at school must also listen to all students' thoughts and ideas about how they think school should work for the equal rights and treatment of all children.

School should be a place where all children can learn and feel good.



# Speak out!

It is always best to speak out if you have a little stomach ache from something that has happened or if something doesn't feel right.

Tell an adult that you trust. Tell a parent. A neighbor or a teacher.

An older brother or sister. A relative. A friend.

It can make you feel better.

Speak out if something bad happened, even if it wasn't on purpose.

Speak out if someone has been mean to you.

Once you have told someone you can get help.

If the adults don't know what to do – show them this book!

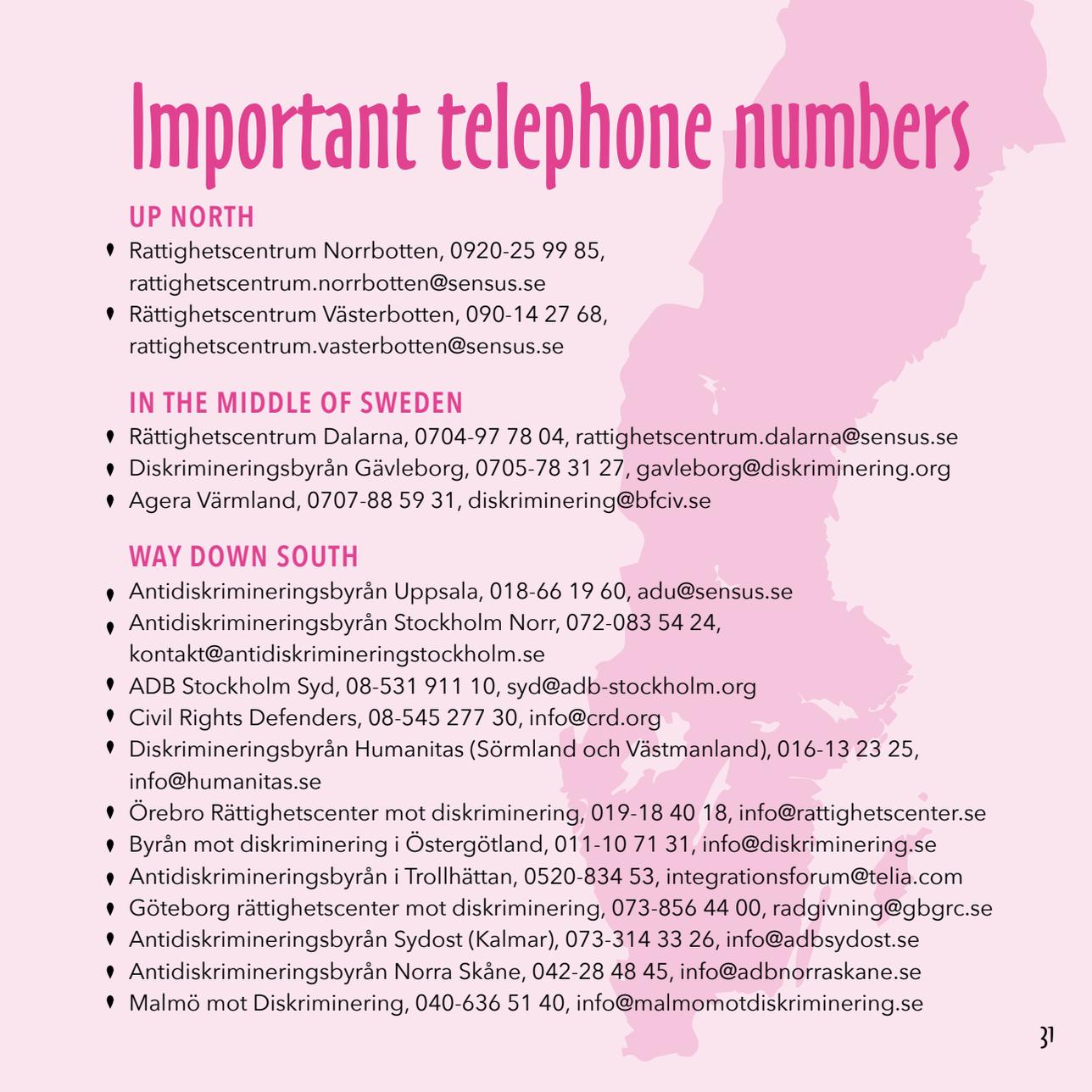
Malmö mot Diskriminering is here for you and we can help you.

It doesn't cost anything. If you don't live in Skåne we can tell you who to call.

**SEE YOU!**

*dibu*

# Important telephone numbers



## UP NORTH

- Rättighetscentrum Norrbotten, 0920-25 99 85, [rattighetscentrum.norrbotten@sensus.se](mailto:rattighetscentrum.norrbotten@sensus.se)
- Rättighetscentrum Västerbotten, 090-14 27 68, [rattighetscentrum.vasterbotten@sensus.se](mailto:rattighetscentrum.vasterbotten@sensus.se)

## IN THE MIDDLE OF SWEDEN

- Rättighetscentrum Dalarna, 0704-97 78 04, [rattighetscentrum.dalarna@sensus.se](mailto:rattighetscentrum.dalarna@sensus.se)
- Diskrimineringsbyrån Gävleborg, 0705-78 31 27, [gavleborg@diskriminering.org](mailto:gavleborg@diskriminering.org)
- Agera Värmland, 0707-88 59 31, [diskriminering@bfciv.se](mailto:diskriminering@bfciv.se)

## WAY DOWN SOUTH

- Antidiskrimineringsbyrån Uppsala, 018-66 19 60, [adu@sensus.se](mailto:adu@sensus.se)
- Antidiskrimineringsbyrån Stockholm Norr, 072-083 54 24, [kontakt@antidiskrimineringstockholm.se](mailto:kontakt@antidiskrimineringstockholm.se)
- ADB Stockholm Syd, 08-531 911 10, [syd@adb-stockholm.org](mailto:syd@adb-stockholm.org)
- Civil Rights Defenders, 08-545 277 30, [info@crd.org](mailto:info@crd.org)
- Diskrimineringsbyrån Humanitas (Sörmland och Västmanland), 016-13 23 25, [info@humanitas.se](mailto:info@humanitas.se)
- Örebro Rättighetscenter mot diskriminering, 019-18 40 18, [info@rattighetscenter.se](mailto:info@rattighetscenter.se)
- Byrån mot diskriminering i Östergötland, 011-10 71 31, [info@diskriminering.se](mailto:info@diskriminering.se)
- Antidiskrimineringsbyrån i Trollhättan, 0520-834 53, [integrationsforum@telia.com](mailto:integrationsforum@telia.com)
- Göteborg rättighetscenter mot diskriminering, 073-856 44 00, [radgivning@gbgrc.se](mailto:radgivning@gbgrc.se)
- Antidiskrimineringsbyrån Sydost (Kalmar), 073-314 33 26, [info@adbsydost.se](mailto:info@adbsydost.se)
- Antidiskrimineringsbyrån Norra Skåne, 042-28 48 45, [info@adbnorraskane.se](mailto:info@adbnorraskane.se)
- Malmö mot Diskriminering, 040-636 51 40, [info@malmomotdiskriminering.se](mailto:info@malmomotdiskriminering.se)

Good bye!



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