

## Xenophobia

Xenophobia is an irrational fear or hatred of foreigners, people from different cultures, or strangers, and can also refer to fear or dislike of customs, dress, and cultures of people with backgrounds different from our own.

The origin of the word comes from the Greek word for "fear" (*phobos*) and the Greek word for "stranger" (*xenos*).

While xenophobia can be expressed in different ways, someone expressing xenophobia might:

- make rude or negative remarks about someone's traditional clothing
- refuse to listen to music from other cultures or watch TV shows and movies in other languages
- reject food from other cultures without trying it
- believe products or materials manufactured in other countries are inferior
- make derogatory or negative remarks when people speak a different language

While it may represent a true fear, most xenophobic people do not have a true phobia.

People who express xenophobia typically believe that their culture or nation is superior, want to keep immigrants out of their community, and may even engage in actions that are detrimental to those who are perceived as outsiders.

There are two types of xenophobia:

- **cultural xenophobia** - This type of xenophobia is cultural in nature. Those who are xenophobic are so against the objects and elements of a culture, such as clothing or language.
- **immigrant xenophobia** - This type of xenophobia occurs when an entire group is not considered part of society.

### Resources:

*Racist and Xenophobic Hate Crime*

What is xenophobia?

<https://www.verywellmind.com/xenophobia-fear-of-strangers-2671881>

5 ways to fight xenophobia and racism

<https://www.unicefusa.org/stories/5-ways-fight-racism-and-xenophobia/34567>