



**Equal Opportunity  
Tasmania**

**Equal Opportunity Tasmania**

**Phone:** 1300 305 062 (in Tasmania) or (03) 6165 7515

**E-mail:** [office@equalopportunity.tas.gov.au](mailto:office@equalopportunity.tas.gov.au)

**Office:** Level 1, 54 Victoria St, Hobart TAS 7000

**Post:** GPO Box 197, Hobart TAS 7001

[www.equalopportunity.tas.gov.au](http://www.equalopportunity.tas.gov.au)

---

# MEDIA RELEASE / STATEMENT

**Embargoed for release**

**1 March 2022**

## **International Zero Discrimination Day – 1 March**

International Zero Discrimination Day, held on Tuesday 1 March across the world, celebrates and raises awareness of the right of everyone to live a life free from discrimination.

In Tasmania, discrimination continues to be a part of many people's lives, which can have a significant impact on their emotional and physical wellbeing and sense of belonging.

"Zero Discrimination Day provides an opportunity to promote behaviours such as kindness, compassion, respect and dignity, which are the antidotes to discrimination" said Tasmania's Anti-Discrimination Commissioner, Sarah Bolt.

In recognition and celebration of Zero Discrimination Day, Equal Opportunity Tasmania, has released a video capturing the thoughts of everyday Tasmanians who dream of a life without discrimination.

The video is a reminder that how we treat each other is important, not only in relation to other people but also for ourselves.

Bob Kerry, an American politician, summed it up when he said *'Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.'*

"Being the best we can is one way of making Tasmania a, safe and happy and kind place to live" said Ms Bolt.

The video features a range of Tasmanians with lived experience of discrimination, who explore what life would be like for them without discrimination.

**Celebrating Difference  
Embracing Equality**

The video is available for viewing on Equal Opportunity Tasmania's Facebook page [www.facebook.com/equal.opportunity.tasmania](https://www.facebook.com/equal.opportunity.tasmania) on Tuesday 1 March, and also on [www.equalopportunity.tas.gov.au](http://www.equalopportunity.tas.gov.au)

For further information and all media enquiries:

Sarah Bolt, Anti-Discrimination Commissioner

Equal Opportunity Tasmania

Phone: (03) 6165 7515

E-mail: [EOT.Commissioner@equalopportunity.tas.gov.au](mailto:EOT.Commissioner@equalopportunity.tas.gov.au)