



Race relations in Canada **2024**

A survey of Canadian public
opinion and experience

Final Report

**Environics
Institute**
For Survey Research



Canadian
Race Relations
Foundation

The study was conducted by the Environics Institute for Survey Research, in partnership with the Canadian Race Relations Foundation, and financial support of Pfizer Canada.

CANADIAN RACE RELATIONS FOUNDATION

The Canadian Race Relations Foundation was created in 1996 to reaffirm justice and equality for all in Canada. The mandate of the Foundation is to facilitate throughout Canada the development, sharing, and application of knowledge and expertise to contribute to the elimination of racism and all forms of racial discrimination in Canadian society.

ENVIRONICS INSTITUTE FOR SURVEY RESEARCH

The Environics Institute for Survey Research was established by Michael Adams in 2006 with a mandate to conduct in-depth public opinion and social research on the issues shaping Canada's future. It is through such research that Canadians can better understand themselves and their changing society.

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Contents

Introduction	1
Executive summary.....	6
State of race relations in Canada	10
Perceptions of racial discrimination in Canada	20
Indirect experience with racial discrimination	35
Personal experience with racial discrimination	41
Health, well-being and racism	49
Local policing	55
Experience with hate	59



Introduction

Background

Canada is among the world's most ethnically and racially diverse societies, and is becoming more so with each generation; today, more than four in ten Canadians are either first or second generation. The Gallup World poll consistently places Canada at the top of 140 countries in citizens rating their community as a good place for individuals from ethnic and racial minorities. Race relations have improved significantly over the country's history, and it is now a different place from previous eras of structural exclusion, prejudice and institutional racism directed against those who were not part of the white Protestant establishment.

At the same time, racism and discrimination remain an underlying reality in Canada. People with racialized identities and backgrounds face ongoing barriers, both at a personal and an institutional level. In particular, the legacy of colonialism and the government's assimilationist policies toward First Nations, Métis and Inuit Peoples continue despite efforts toward reconciliation. Canadians who are Black or Indigenous continue to be significantly overrepresented in the country's jails and prisons. Social media has become an unregulated platform for expressing hate and stigmatization in unprecedented ways that in past times would have been constrained by social norms.¹ Recent waves of rising hate and racism have targeted some Canadians because of their ethnicity or religion, including Asians (prompted by the COVID-19 pandemic) and South Asians more recently, as well as Muslims and Jews.

Many seek to understand race relations in Canada in binary terms, as either a good news story (the progress achieved over generations) or a bad one (the prejudice and hate that continue to oppress individuals and communities). Yet, there is no single story. Many realities exist that cannot be easily reconciled. An important contribution to appreciating the complexity of the issues and identifying effective solutions is credible, empirically-based evidence that documents the current experiences and perspectives of Canadians in all their diverse identities and backgrounds.

Race Relations in Canada research program

In 2019, the Environics Institute for Survey Research partnered with the Canadian Race Relations Foundation to launch an ongoing national research program to establish and monitor benchmark indicators of race relations across Canada from the perspective of its citizens, and to provide the foundation for monitoring changes over time. The primary focus of this research is on public attitudes, perceptions and experiences as they pertain to relevant dimensions of race relations and, in particular, from the perspectives of Canadians across ethnic and racial backgrounds.

This type of research can serve as a point of common ground that brings different stakeholders together, and as a means of measuring progress (or the lack of progress) over time. It provides credible empirical evidence that complements and builds upon other sources of knowledge (direct experience, anecdote, media, cultural expression) that can be used by organizations in the public, private and non-profit sectors who are working to reduce racism both internally and in broader society. Survey research provides unique insight through the power of collecting individual stories across a society that, when combined, become more than the sum of the parts.

The inaugural national survey was conducted in 2019, with subsequent waves conducted in 2021 and 2024. Comprehensive reports and data tables for the first two surveys in this series are publicly available at environicsinstitute.org. This report presents the results of the third survey in this series.

¹ Social norms are widely held expectations about what is, and is not, acceptable or appropriate behaviour in a particular setting or situation. Such norms are unspoken rules about how to behave. For a general introduction to social norms, see *Norms in the Wild*, Cristina Bicchieri (2017). For research on social norms and racism, see *Canadian Social Norms and Racism*, Environics Institute (2022).

Race Relations in Canada 2024 survey

The current landscape of race relations in Canada has changed since the previous survey was conducted three years ago. In 2021, the tragic murder of George Floyd in 2020 at the hands of police continued to reverberate for many across the world. In Canada, the discovery of unmarked graves of Indigenous children at Indian Residential Schools brought a fresh reminder to the unresolved issues of the country's colonial past, and the COVID-19 pandemic unleashed a wave of anti-Asian sentiment across the country.

Hate speech and online bullying are now rapidly spreading, prompting new federal legislation amid growing concerns about its corroding effects on individual well-being and the social fabric. The conflict in Gaza between Israel and Hamas has been keenly felt in Canada, creating painful divisions and conflict across and within affected communities. In this context, the Environics Institute and the Canadian Race Relations Foundation conducted the third wave of this research. The new survey identifies how Canadians' perspectives and experiences have changed (or not) over the past two years, as well as addressing new themes of current relevance.

The survey repeats the following themes from previous waves:

- The general state of race relations in Canada and local communities;
- Perceptions of the extent and type of racial discrimination, generally and against one's own group;
- Personal experience with discrimination and racism;
- The impact of racism on health and well-being; and
- Local policing and the need for reform.

New themes in 2024 include:

- Experience with hate incidents and hate crimes. This is the first national survey to address this issue in depth, both in terms of personal and indirect experiences; and
- Attitudes, perceptions and experiences with respect to discrimination against Muslim and Jewish people in Canada.

This research consisted of two surveys: 1) a survey conducted online between February 12 and March 13, 2024, with a sample of 4,470 Canadians, ages 18 and over; and 2) a supplementary survey conducted online between November 18 and 25, 2024 with a sample of 616 Canadians ages 18 and over people who identify as Jewish (by religion, ethnicity or culture).²

Both surveys were conducted in English and French, as per participant's preference. The sample was stratified to ensure representation by province, age, education and gender, according to the most current population statistics published by Statistics Canada.^{3, 4}

REPRESENTATION BY INDIGENOUS, RACIAL AND ETHNIC BACKGROUND. Indigenous, racial and ethnic identity were self-reported by survey participants based on benchmark questions used by Statistics Canada in the Census and other population surveys. Participants could select more than one identity, and those who did so were then asked which they most strongly identify with (to select one identity for purposes of analysis). Participants were also asked to identify their religion (if applicable), as well as their sexual orientation, and gender identity or gender expression.

² The supplementary survey of the Jewish population was not part of the original project plan developed prior to the October 7, 2023 Hamas attack on Israel and the subsequent events that transpired both in the Middle East and in Canada. The CRRF expanded the project scope and budget to conduct the supplementary survey, providing a valid subsample on which to report results for this population. The survey with Jews was conducted by a separate field supplier (EKOS Research) using its proprietary panel (supplemented by other panels) that was used earlier in the year for a survey commissioned by Dr. Robert Brym (Reference: Brym, Robert, *Jews and Israel, 2024: A Survey of Canadian Attitudes and Jewish Perceptions*. Canadian Jewish Studies (Volume 37), Spring 2024).

³ The target population for this survey included Canada's 10 provinces. The three territories (comprising <1% of the population) were not included because their residents cannot effectively be surveyed through established online survey panels.

⁴ The commonly cited "margin of sampling error" measure of survey accuracy is not applicable to this research because it only applies to surveys using probability-based sampling methods. This survey used a non-probability sample. For more details, see the *Canadian Research and Insights Council Standards*.

As with the previous waves, the main survey included a large sample of Canadians to maximize the inclusion and representation of the population's diversity. In addition to covering the national population as a whole, the sample included oversamples of the country's four largest racialized groups (Chinese, Black, South Asian and Indigenous Peoples) to provide sufficient representation to report on the perspectives and experiences of each group in the population. Oversampling refers to when the sampling plan expands the size of a group's proportion in the survey sample to support statistically valid and reportable results for that group.

Because of the oversampling and quotas used for specific subpopulations, the final data were weighted by participant's race or ethnicity, province, age, gender and education to produce national results proportionate to the actual population based on these characteristics.

In addition to these four racialized groups, Canadians with other ethnic, racial and religious backgrounds are included in the main sample in approximate proportion to their size in the population. But they were not specifically oversampled, either because the associated costs of doing so were outside the scope of the project budget or because the group population is too small to effectively identify and survey in sufficient numbers through the online research methods available.

For reporting purposes, a distinct group is identified as **East or Southeast Asian**, comprising six percent of the total sample. This group includes survey participants who identified their racial or ethnic background as Japanese, Taiwanese, Korean, Filipino, Vietnamese, Thai, Laotian, Cambodian, Malaysian or Indonesian. Another 6.5 percent

of the survey sample includes other racialized or non-white backgrounds that are too small in number to be reported separately, and are identified in the report as a single group called "other racialized." This includes participants who identified as Latin American (1%), Arab (1%), West Asian (e.g., Iranian, Afghan) (<1%) or other (2%). The table on page five presents a profile of the survey sample in reference to racial or ethnic background and religion.

REPRESENTATION BY RELIGION. The research methodology for the main survey did not use established quotas or oversampling for religion. The final sample includes a sufficient number of self-identified **Muslims** to provide the basis for analysis and reporting because this population is now over two million (5.1% of the Canadian population, and 5.7% of the survey sample).

In comparison, there are about 390,000 **Jews** in Canada (1% of the Canadian population), which is too small to effectively represent in a survey of the general population. The main survey includes a subsample of Jewish participants (1.3% of the sample, or 56 participants, identified as Jewish either by religion or ethnic background). The supplementary survey of Jews was subsequently conducted to provide for a statistically valid subsample on which to report. This survey was conducted using a separate proprietary research panel recently developed that included a requisite number of eligible Jewish participants. This panel was not large enough to apply quotas for age, gender, region and education as was done for the main survey, and this limitation was addressed by maximizing the final sample, which totals 616 Jewish participants (based on self-identification).⁵ The final data for this survey were weighted by age and gender based on the current Statistics Canada population figures for the Canadian Jewish population.

⁵ This sample is broadly representative of the Canadian Jewish population in terms of age, gender and region of the country, but does not meet the usual standard for representativeness due to the limited number of eligible Jewish participants in the available survey panels. By comparison, the *2018 Survey of Jews in Canada* conducted by the Environics Institute in partnership with Robert Brym and Rhonda Lenton used a more extensive (and significantly more costly) methodology that produced a much larger and more representative sample of this population.

REPRESENTATION BY SEXUAL ORIENTATION. Because discrimination and hate are often directed at people because of their sexual orientation, this identity was measured on the survey. Close to nine in ten Canadians identify as heterosexual, with nine percent identifying as one or more other orientations (e.g., bisexual, gay). Because of the small number who report a specific non-heterosexual identity, this latter subsample is identified as one group using the acronym 2SLGBQ+. ⁶

The survey also asked participants to identify their gender or gender expression. Almost all (99%) of survey participants identified themselves as either man or woman, with the remaining one percent identifying in other terms (e.g., transgender, Two-Spirit, Genderqueer, Nonbinary). This latter group is too small a subsample on which to report.

About this report

The following sections of the report present the results from the survey, with a focus on comparisons across groups based on their racial, ethnic and religious backgrounds, as well as by selected population characteristics (e.g., region, gender, household income, age cohort). The current results are compared with those from the 2019 and 2021 surveys to identify how perspectives and experiences have changed (or not) over time.

Detailed data tables are available under separate cover, which present the results for all survey questions by population demographics, ethnic or racial background (where subsamples permit) and other relevant characteristics (see the study project page at www.environicsinstitute.org). A complete dataset of the survey findings (anonymized to ensure the confidentiality of survey participants) is available from the Environics Institute by request through a standard (no cost) licence agreement (via info@environicsinstitute.org).

All results are presented as percentages unless otherwise noted.

NOTES ABOUT TERMINOLOGY. The term “race” is problematic for a number of reasons, including the fact that there is no consensus on exactly what it refers to. But the term is widely used in the context of relations between people from different backgrounds and physical characteristics (e.g., culture, ethnicity, history and skin colour), and as a way to define parts of society who face systematic barriers (“racialized people”). ⁷

In this report, the terms “race” and “race relations” are used for purposes of editorial clarity, with full acknowledgement of the limitations they contain. The study includes a focus on Indigenous Peoples, who do not constitute a racial group as the term is generally applied, but nevertheless experience systemic discrimination commensurate with that of other racialized groups in Canadian society, with this treatment often labelled as “racism.”

Acknowledgements

This research was made possible with important contributions from a number of individuals and organizations. The Environics Institute would like to acknowledge the financial and substantive support of its lead partner, the Canadian Race Relations Foundation; the financial support provided by Pfizer Canada; the research team at Environics Research who managed the sample design and fieldwork; and, finally, the 5,086 individuals across Canada who took the time to share their perspectives and experiences that collectively inform our understanding of the state of race relations in our country today.

⁶ 2SLGBQ+ is an abridged version of the acronym used by the federal agency Women and Gender Equity Canada (WAGE), and stands for Two-Spirit, Lesbian, Gay, Bisexual, Queer and Other. This abridged version does not include a “T” (Transgender) or “I” (Inquiring), which pertain to gender or gender expression as opposed to sexual orientation.

⁷ The CRRF defines “racialization” as the process through which groups come to be socially constructed as races, based on characteristics such as race, ethnicity, language, economics, religion, culture and politics.

Survey sample profile

	% Canadian population ¹	% Survey sample % (w/ oversamples) ^{2, 3}	# Survey Sample
Total	100%	100%	4,470 / 616⁵
Racial / ethnic background			
White	66.3	43.3	1,936
South Asian	7.8	11.5	512
Chinese	5	12.8	571
Indigenous ⁴	5.2	12.5	560
Black	4.4	10.6	472
East/Southeast Asian	4.9	6.3	281
Other racialized	6.4	6.5	292
Religion			
Christian	52.7	47.7	2,133
Muslim	5.1	5.7	257
Jewish ⁵	1	1.3	56 / 616 ⁶
Other	6.8	15.2	679
No religion	34.6	30.1	1,345

¹ Environics Analytics Canadian Population Estimate (2024).

² Oversamples applied for South Asian, Chinese, Black and Indigenous samples.

³ Total exceeds 100% because some participants identify in more than one racial/ethnic category.

⁴ Indigenous sample includes First Nations (56%), Métis (35%), Inuk (4%) and other reported Indigenous identity (5%).

⁵ The Jewish sample is based on self-identification by religion and/or culture.

⁶ The sample from the supplementary survey is shown separately. The data for this survey was not incorporated into the main population survey to because of the extreme weighting that would be required.



Executive summary

This latest research, once again, documents the reality of racism, prejudice and hate in Canadian society, and the extent to which it is pervasive across the population and persistent over time. Discrimination and mistreatment due to one's ethnicity or race is experienced by people in all parts of society, and is something that happens in the street, the workplace, at school and online. While no group remains untouched, racism is most widely experienced by Canadians who are Indigenous or Black, although it is by no means an uncommon experience among other racialized groups. The research also confirms that this reality is widely recognized and acknowledged by most Canadians, through their own experience, indirectly through the experiences of others they know, and what they generally understand to be happening in their communities and in broader society. Very few today express the opinion that racism does not exist in this country, even if many may not fully appreciate the scope and harm it inflicts on those affected.

This third national survey conducted since 2019 shows a general continuity of experiences and perspectives, in terms of how race relations are viewed and experienced generally and within specific groups. It also reveals how perspectives are influenced by broader events. The 2021 survey recorded increasing public awareness and recognition of racism in Canada in the aftermath of George Floyd's murder in Minneapolis, the Black Lives Matter movement and the anti-Asian sentiment arising from the COVID-19 pandemic. Three years later, these events are now in the past, and the trajectory of public perspective about race and racism has reversed course and now more closely resembles what was recorded in 2019. Significantly, this latest shift is evident across the population – and, in some cases, is most notable among racialized Canadians.

The 2024 survey broadened the scope to address how Canadians view the treatment of people who are Muslim

or Jewish, which is now particularly relevant given how the current conflict between Israel and Hamas (and more recently Hezbollah) has led to rising antisemitic and anti-Muslim incidents across this country. The research shows that the public recognizes that both Muslims and Jews are as likely as other racialized Canadians to experience discrimination (including hate-motivated harassment), and this is consistent with what Muslims and Jews themselves report in this survey.

This research is the most comprehensive national survey to date focusing on Canadians' experience with hate, a rapidly spreading form of anti-social aggressive racism directed at people, most commonly because of their race, ethnicity or religion. The results show that a small, but significant, minority of Canadians report having been definitely (7%) or possibly (8%) targeted by a hate incident or crime in the past year, and others have had indirect exposure through the experiences of other people they know. In total, three in ten (29%) Canadians have been exposed to hate directly or indirectly in the past year, due to who they are or how they are perceived by others. Not surprisingly, such experiences with hate are most common among Canadians who are also most likely to experience racism in other forms, but especially people who are First Nations, Black or Jewish.

While much of the attention given to hate incidents focuses on what takes place online through social media, Canadians are much more likely to experience hate incidents in person, mostly in public settings, in schools or at home. Incidents were most apt to involve verbal abuse or insults, and to a lesser extent threats to cause injury, physical assault, defacement of or damage to property, and sexual assault. Only one in four people experiencing a hate incident in the past year reported it to the police or another authority, and few among them could say this has yet resulted in a satisfactory outcome.

The prevalence and persistence of racism notwithstanding, the research indicates that Canadian society is not defined by inter-group conflict and social divisiveness. Most Canadians believe that race relations are generally good in terms of how people from different groups get along and in the equality of opportunity for all, and a majority are at least somewhat optimistic that racial equality will happen in their lifetime. This positive perspective has strengthened over the past three years, most notably among Black and most other racialized people, who are now more positive about the future than white Canadians.

The following are key findings from the research.

Summary of key findings

STATE OF RACE RELATIONS IN CANADA. Canadians are mostly positive in how they view race relations in the country, in terms of how they believe people from different groups get along with one another and the extent to which there is equal opportunity for everyone to succeed. Those who say relations are generally good outnumber those who believe they are generally bad by more than three to one. Opinions are even more positive when the focus is on race relations in one's own community. Moreover, Canadians have become more positive about the state of race relations over the past three years, largely reversing a worsening shift that occurred between 2019 and 2021. This improving assessment has occurred across the population, but most significantly among Black and Indigenous people, who are now as likely as other racialized and white Canadians to see race relations as generally good. Jewish Canadians in 2024 (the first year they are fully represented in the research) stand out as more negative in their perspective on this issue.

When looking to the future, an increasing majority of Canadians say they are optimistic that progress toward racial equality will happen in their lifetime. This positive shift since 2021 has taken place almost entirely among racialized people (following a decline over the previous period), who are now more optimistic about the future than white Canadians. A positive outlook for the future is now most widely held by individuals who are Black, South Asian, or East or Southeast Asian, as well as newcomers to Canada and those who are Muslim. Such optimism is less likely to be shared by those who are Jewish, Métis, or live in Saskatchewan or Manitoba.

AWARENESS AND PERCEPTIONS OF RACIAL DISCRIMINATION.

The reality of racism in Canada is reflected in part by who is seen to be the target of discrimination. In 2024, the public as a whole is most likely to identify (without prompting) Black and Asian people as the groups most affected; both groups are identified by more than one-third (each) of Canadians, which reflects a larger proportion of the public than in 2021.⁸ Also, Canadians are now more likely than three years ago to mention discrimination against both Muslims and Jews, and to a lesser extent people who are Arab or white. One in four continue to identify Indigenous Peoples as the target of racism in Canada, with this proportion unchanged from previous surveys. As would be expected, racialized Canadians are the most likely to identify their own group as being most frequently targeted for discrimination, although this response is by no means universal.

Almost all Canadians acknowledge that racialized groups experience discrimination, but the public is less likely than in 2021 to believe this takes place on a regular basis, reflecting a reversal from a previous trend. Ongoing racism is most widely seen by Canadians as a whole to be happening to people who are Indigenous, Black or Muslim (for Indigenous and Black people, less so than in 2019; Muslim was added in 2024); and least likely seen to be the case for those who are Chinese or Jewish. What is notable is that this softening in perceptions about the frequency of discrimination experienced by racialized Canadians has taken place across the population and among most ethnic and racial groups.

Canadians tend to see racism as a function of prejudiced attitudes and actions of individuals rather than systemic inequities in the country's laws and institutions, and this perception has changed little since 2019. Systemic racism is somewhat more likely to be recognized as it affects people who are Indigenous or Black, but less so than in 2021 (as is also the case for the treatment of Chinese people).

Canadians are more likely to recognize systemic racism when asked about whether racialized groups are treated the same or worse than white people in specific settings and circumstances, such as when receiving health care services or in the workplace. The public is more likely than not to believe that racialized groups are treated fairly in these situations, but less so for people who are Indigenous or Black, especially when dealing with the police.

⁸ This question was asked "without prompting", which means participants were not offered a list of potential response options that might otherwise prompt them to select from a list; participants are instructed to answer the question in their own words.

Most racialized Canadians see their own group as experiencing unfair treatment because of race or culture, and say they have witnessed this taking place. But this view is less widely expressed than in 2021, especially among those who are Black. Racialized people are also more likely than three years ago to say their group is portrayed accurately in the media. The most notable change since 2021 is among Canadians who identify racially or ethnically as white; this group is less likely than racialized Canadians to believe people like themselves experience racial discrimination, but the proportion who say this has increased since 2021. This may reflect, in part, a growing sentiment among some white Canadians that they are in some way losing ground to other racial groups.

PERSONAL EXPERIENCE WITH DISCRIMINATION AND RACISM. The survey also documents people's own personal experiences with discrimination and racism. One-quarter of the population report this happens to them regularly or from time to time, with another quarter indicating it occurs but very rarely. As before, such treatment is most widely reported by those who are Black or First Nations, and to a lesser but still notable extent by those who are South Asian, Chinese, East and Southeast Asian, Métis or Jewish. Experience with discrimination is also more commonly reported by people who are Muslim or of another non-Christian faith, as well as by Canadians under 45 years of age. Since 2021, such reports of personal experience with discrimination have increased modestly among those who are First Nations, while decreasing across other racialized groups. People who identify as white are least likely to indicate such mistreatment, but the proportion who do so has increased modestly from three years ago.

Racism is encountered across a number of public settings, most commonly on the street, in the workplace, in stores and restaurants, and at school or university. Reported experiences by setting for the population as a whole are unchanged over the past five years. Black and Indigenous people are most likely to report mistreatment across a range of settings, although no more so than before and in some cases less so. Many Canadians say they have encountered day-to-day experiences of racism in such ways as not being treated as smart, ignored or overlooked when seeking services, and unfairly stopped by the police.

Canadians who experience racial discrimination are affected to varying degrees; some report they are bothered quite a bit and others insist not at all. Those most likely to be affected include people who are Indigenous (with this proportion increasing since 2021), Black (reflecting a decrease), and those who are Jewish (first asked in 2024), but also reported by a sizeable minority of people in other ethnic and racial groups. As was recorded in previous surveys, one in three racialized people say they downplay their racial, ethnic or religious background at least from time to time (if not regularly), with this practice most widely reported by those who are Jewish, Muslim, Indigenous or South Asian.

Racialized people in Canada are more likely than not to believe that the next generation in their group will face less racism than what is experienced by their group today. Such optimism has strengthened since 2021 among South Asian and Black people. In contrast, Muslims and Jews in 2024 are much more likely to expect their next generation will face more discrimination and stereotyping than less.

HEALTH, WELL-BEING AND RACISM. Canadians' self-reported general health, mental health and overall life satisfaction have remained largely stable since 2021, with some improvement among Black, South Asian, and East and Southeast Asian people. People who are white or Indigenous are least likely to report excellent or good general health, and are less apt to do so than 2021.

Close to half Canadians who required health care services in the past year say they were able to get what they needed when they needed it all or most of the time, and very few indicate they were only rarely or never able to access the health care they required (with these results largely unchanged from 2021). But the public is less confident than three years ago in being able to get the access they may need in the future, in terms of both emergency or non-emergency care. Ethnicity and race, however, do not appear to be a factor in Canadians' recent experience with the health care system and their confidence in future access.

LOCAL POLICING. Canadians as a whole are generally positive about the job performance of their local police force, with the opinions of racialized people having improved over the past three years, most noticeably among those who are Black, First Nations, or East or Southeast

Asian. Across five dimensions, the strongest ratings are given to how local police protect people from crime and use appropriate force for each situation, followed by how they respond to disturbances caused by someone with a mental health crisis, hold officers accountable when misconduct happens, and investigate hate crimes and incidents. Racialized Canadians are also more positive than in 2021 in how local police are treating their own ethnic or racial group. This improved assessment is most significant among people who are Black or First Nations, although these groups remain less positive in their ratings compared with other racialized Canadians. In 2024, Jews are among the most critical when it comes to local police performance for crime protection and investigating hate incidents, while Muslims are among the most positive in their ratings on these areas.

The prevalence of police mistreatment of racialized people in Canada has led to calls for significant reforms to the structure and systems underlying police services. There is no public consensus on this question, but Canadians are more likely to believe in incremental improvement in how their local police functions than in fundamental reform. This preference for improvement over reform has strengthened since 2021 across the population, and especially among people who are Indigenous, South Asian, or East or Southeast Asian.

EXPERIENCE WITH HATE. Hate-motivated aggression is becoming alarmingly common in Canada, especially in targeting people because of their ethnicity, race, religion and gender or sexual orientation. One in six (15%) Canadians say they have definitely or possibly been the target of a hate incident in the past year, and for most this was not an isolated experience. Such experiences are more likely to have taken place in person (such as in public, at school or at home) than online over social media. Incidents were most apt to happen in the form of verbal abuse or insults,

and to a lesser extent threats to cause injury, physical assault, defacement of or damage to property, and sexual assault. When asked to judge why they were targeted in this way, Canadians are most likely to say it was because of their ethnic or racial background, with others mentioning a range of other reasons, including their gender or gender expression, age, religion, appearance, sexual orientation, social class, disability or political beliefs.

Only one in four Canadians who experienced a hate incident in the past year say they reported it to the police or another authority. Those choosing not to do so give a variety of reasons, the most common being that they did not think it would make a difference. Of the minority who did report their experience, few were able to report a positive or satisfactory outcome at the time they were surveyed; most are still awaiting an outcome or say nothing ever came of it.

Apart from their own experience, one in six Canadians say they have witnessed a hate incident happening to another person, while one in five report knowing someone else who has been targeted in this way; such experiences are most common among those who have themselves been directly targeted. With such experiences considered together, three in ten (29%) Canadians have been exposed directly or indirectly to hate incidents in the past year. Such exposure is most common for people who are First Nations, Black or Jewish, but is also prevalent among Canadians who are ages 18 to 29, 2SLGBQ+ or Muslim.

Beyond their own exposure, a majority of Canadians are more likely to believe that hate incidents take place on the social media platforms they make use of, and less apt to say this is happening in the community where they live. Few believe there are strong social norms in place to encourage or support bystanders to speak up when they witness hate taking place, either online or in their community.



State of race relations in Canada

The survey explored Canadians' views about the general state of race relations in the country, including how this has changed over the past decade and what the prospects are for the future. Comparisons are made with the previous surveys conducted in 2019 and 2021 to identify how opinions have changed or not over the past five years.

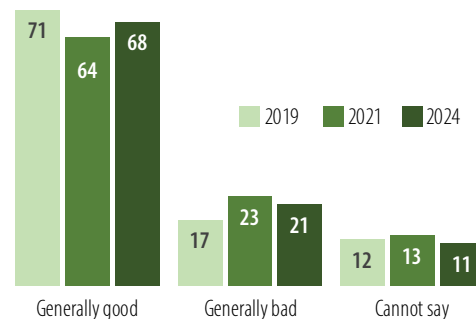
How well people from different backgrounds get along

Close to seven in ten Canadians believe that people from different racial groups generally get along. This view has strengthened since 2021 across the population, reversing a previous downward shift, with this improvement most evident among those who are Black, Indigenous, and East or Southeast Asian.

CURRENT STATE OF RACE RELATIONS. How do Canadians believe people from different racial backgrounds get along with each other? Close to seven in ten (68%) now describe such relations as generally good, compared with 21 percent who say they are generally bad – positive opinions outweigh negative ones by more than three to one, with another 11 percent unable to say either way. Canadians are now somewhat more likely than three years ago to say that race relations in the country are generally good (up 4 percentage points), reversing a downward shift between 2019 and 2021.

This increase in perceptions that different races are getting along has taken place across most of the population, but most noticeably among Canadians who are Black (70%, up 21 points since 2021; reversing a previous 23-point decline), Indigenous (61%, up 10), East or Southeast Asian (70%, up 10), and those who are part of “another racialized group” (72%, up 10).⁹ In 2024, the view of Muslim Canadians is close to the national average, while that of Jewish Canadians is somewhat less positive.

How well people from different races get along in Canada
% 2019 - 2024



Q.5

Do you think race relations in Canada are generally good or generally bad in terms of how well people from different races get along with each other?

⁹ “Another racialized group” refers to survey participants who do not identify as white or in one of the oversampled racialized groups. There are not sufficient numbers to identify them by their specific ethnic or racial identity as a group for analysis purposes, and so they are combined into one group labelled as “other racialized.”

Those who have experienced racial discrimination on a regular or occasional basis remain less positive about the country's state of race relations (62% describe them as positive), but the gap between this group and others has shrunk since 2021. As well, the views of Canadians who report having experienced a hate incident in the previous 12 months are no different from those who have not done so.

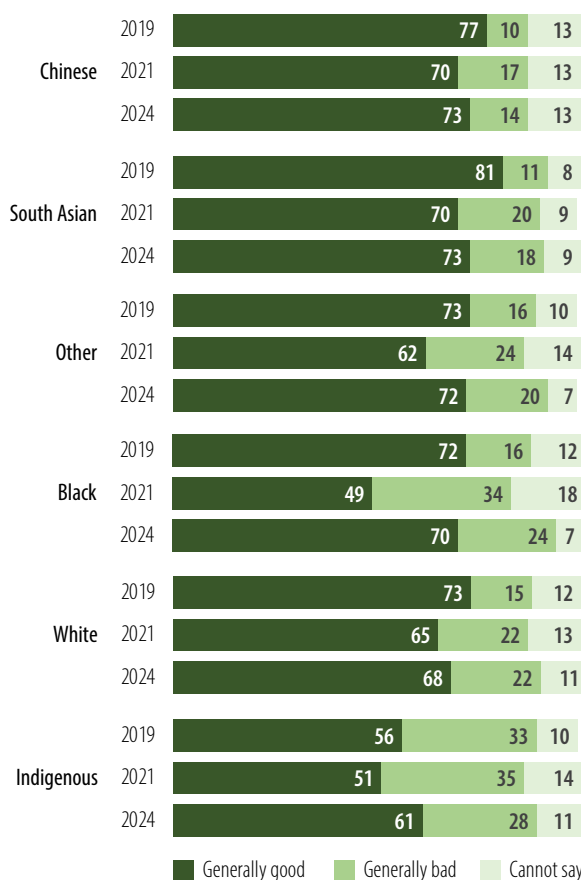
Across the country, a positive view of race relations has strengthened over the past three years most significantly in Atlantic Canada (78%, up 11 points) and among Canadians ages 18 to 29 (73%, up 12), those without a high school diploma (65%, up 12), and urban residents (71%, up 7). Opinions on this question are least apt to be positive in Saskatchewan and Manitoba (59% generally good, versus 30% generally bad), and among Canadians with inadequate household incomes (58%, versus 29%).

HOW RACE RELATIONS HAVE CHANGED. When asked how this aspect of race relations has changed over the past 10 years, opinions continued to be divided between those who see improvements (34%), those who believe things have gotten worse (29%), and those who feel race relations have stayed about the same (34%). Since 2021, the proportions seeing improvements or declines over the past decade have both increased modestly, while fewer now see no change.

As with the assessment of current race relations, improvements over the past decade are most widely seen by Canadians who are Black, Indigenous, East or Southeast Asian, or another racialized group, along with those who are South Asian. Across the country, the belief that race relations have improved is most widespread among Canadians ages 18 to 29 (50%), those who are South Asian (47%) or Black (47%), newcomers to Canada (50%) and Muslims (48%).¹⁰ Those most likely to say there has been a decline in how different races get along together include residents of Saskatchewan and Manitoba (36%), Canadians with inadequate incomes (35%) and Jews (30%).

How well do people of different races get along in Canada?

% 2019 - 2024 By racial group responding

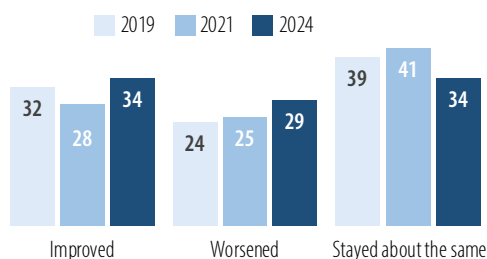


Q.5

Do you think race relations in Canada are generally good or generally bad in terms of how well people from different races get along with each other?

Have relations between different races changed over the past decade?

% 2019 - 2024



Q.6

Over the past 10 years, do you think race relations in Canada have improved, worsened, or stayed about the same in terms of how well people from different races get along?

¹⁰ "Newcomers to Canada" are defined as first-generation residents who arrived in the past 10 years.

Those who believe that race relations **have improved** over the past decade (34% of Canadians) were asked to specify (unprompted) in what ways things are getting better in terms in how people from different racial groups get along. The results are largely similar to those recorded in the past two surveys, with most responses falling into one of three themes:

- More openness and acceptance in Canadian society (43%, up 14 points since 2021) (*e.g., more tolerance, greater respect and support for others, more open-minded, less racism, more acknowledgement of issues*);
- Greater diversity and interaction between groups (19%, up 2) (*e.g., more cultural diversity, people living and working together, more integration, learning about other cultures*); and

- Education and other initiatives (10%, down 4) (*e.g., education and diversity training, social media reporting*).

Another eight percent mention other reasons, while one in four (26%) who believe how different races get along has improved do not offer any reasons for this view (down from 41% in 2021).

As in previous years, responses to this question are more similar than different among Canadians across ethnic and racial groups. Mention of more openness and acceptance has strengthened since 2021 primarily among white Canadians (45%, up 19 points). Indigenous Peoples are now less apt to specify any reason for why race relations have improved, reversing gains recorded between 2019 and 2021.

In what ways have race relations between different groups changed in Canada?

% 2019 - 2024 Those who say race relations have changed, unprompted responses

	HOW IMPROVED?				HOW WORSENED?		
	2019	2021	2024		2019	2021	2024
More openness/acceptance	38	29	43	More discrimination/racism/less tolerance	28	33	36
Greater diversity/more interaction	16	17	19	Too many immigrants/lack of integration	19	5	24
Education/awareness initiatives	12	14	10	Populism/right-wing ideologies	18	15	8
Other	9	6	8	Media/social media	8	8	4
Cannot say	36	41	26	Worsening attitudes/social intolerance	*	7	3
				Other	12	14	6
				Cannot say	22	29	23

Q.7

In what way do you think that things are getting [better/worse] in terms of how well people from different races are getting along?

Canadians who believe that the way in which different races in Canada get along has **gotten worse** over the past decade (29% of the population) cite a number of themes very similar to those mentioned before, but in some cases with increasing or declining emphasis:

- More discrimination/racism (36%, up 3 points since 2021) (*e.g., more discrimination generally, anti-Asian sentiment, people being more vocal than before, Islamophobia*);
- Too many immigrants or lack of integration (24%, up 19) (*e.g., immigrants not integrating, discrimination against whites*);
- Populism/right-wing ideologies (8%, down 7) (*e.g., Donald Trump influence, government policies, white supremacy*);

- Media/social media influence (4%, down 4); and

- Worsening attitudes/social acceptance (3%; down 4) (*e.g., people pushing their culture on others*).

The emphasis given to immigration as a reason for worsening race relations has increased significantly since 2021, when this issue was mentioned by only five percent, and is also well above the proportion recorded in 2019 (19%). This latest rise in concern about the impacts of immigration is evident across the population, but most noticeably among older Canadians, especially those ages 65 plus (37%, up 31 points). In 2024, Jews are among the most likely to point to increasing discrimination and lower tolerance generally (60%) and antisemitism in particular (25%).

Do people from different backgrounds have equal opportunities?

An increasing majority of Canadians say that people from all races have equal opportunities to succeed in life. This view has strengthened across the population since 2021, but most notably among people who are Black, Indigenous or South Asian, as well as among those ages 18 to 29.

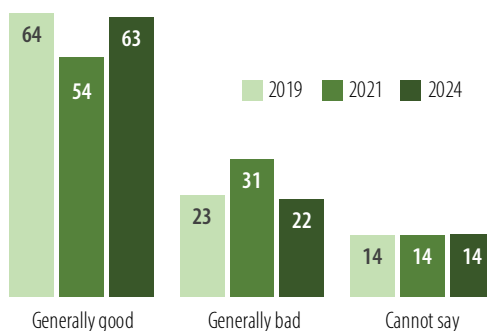
CURRENT STATE OF RACE RELATIONS IN TERMS OF EQUAL OPPORTUNITIES TO SUCCEED. Compared with how people from different racial groups get along, to what extent do Canadians believe that everyone has an equal chance of succeeding in life? As with the previous question, opinions are now more positive than they were three years ago. More than six in ten (63%) now say such opportunities are generally good, up from 54 percent in 2021. Just over one in five (22%, down 9) maintain that they are generally bad, with another 14 percent unable to offer an opinion (unchanged).

Positive race relations in terms of opportunities for life success is the clear majority view across the population. This opinion has strengthened in every group since 2021, and has largely reversed a previous downward shift, with views now essentially the same as they were in 2019. This trend is evident across all racial groups, but in the case of Indigenous and Black Canadians, opinions are now even more positive than in 2019.

Across the country, equal opportunities for life success are most widely seen by Canadians ages 18 to 29 (70%), newcomers to Canada (71%) and Muslims (72%). Generally bad race relations in this respect are most apt to be the assessment of Indigenous Peoples (31%, but down 15 points from 2021), Jews (35%, first time asked) and Canadians with inadequate incomes (30%, down 8).

How well people from different races have equal chance to succeed in life

% 2019 - 2024

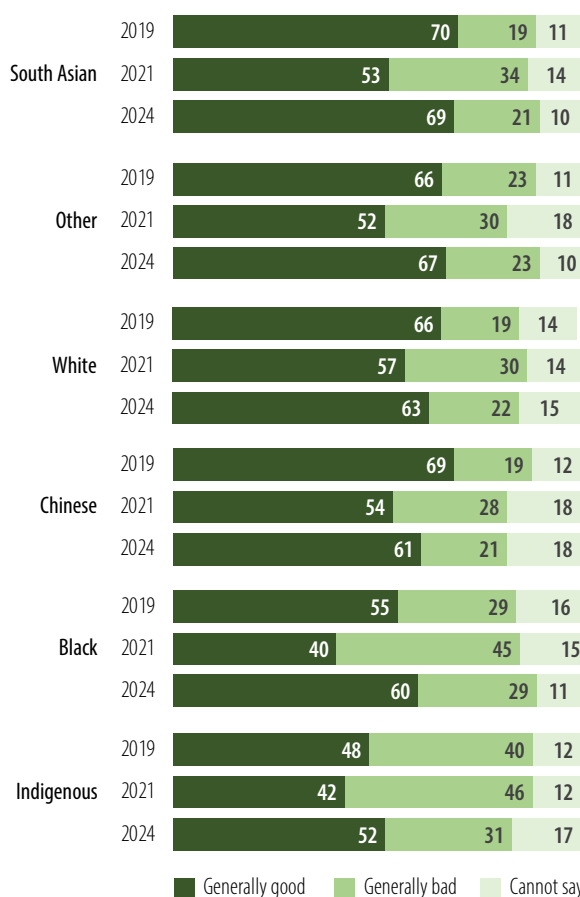


Q.8

Do you think race relations in Canada are generally good or generally bad in terms of people from all racial backgrounds having an equal chance to succeed in life?

How well people from different races have equal chance to succeed in life

% 2019 - 2024 By racial group responding



Q.8

Do you think race relations in Canada are generally good or generally bad in terms of people from all racial backgrounds having an equal chance to succeed in life?

HOW HAVE EQUAL OPPORTUNITIES TO SUCCEED CHANGED?

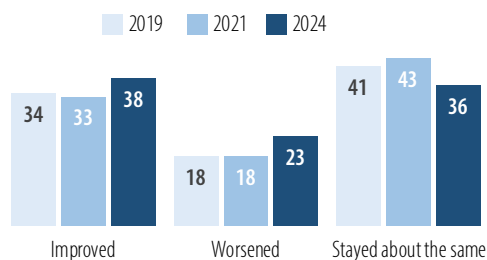
As with perspectives about how different racial groups get along, there is no consensus among Canadians about how they believe opportunities for everyone to succeed have changed over the past 10 years. Close to four in ten (38%, up 5 points) now believe that such opportunities have improved over time, compared with one in four (23%, also up 5) who say they are now worse, while a decreasing proportion (36%, down 7) maintains there has been little change.

As with perceptions about change in how different racial groups get along, views about opportunities for all groups to succeed in life have strengthened both among those who see improvement and those who see decline. This pattern is evident across much of the population, with some notable exceptions. Compared with 2021, Canadians who identify as South Asian or Black are now more likely to see improvement than decline in such opportunities for all races, as is the case for Canadians ages 18 to 29 and those who are first generation in the country. The opposite trend is evident among residents of Saskatchewan and Manitoba (28% say worsening relations, up 12 points), and those who identify as Métis (47%, up 17).

In 2024, Muslims are among the most positive in how they see equal opportunities for all improving (51%), while Jews are less likely to share this view (27%).

Have the opportunities for everyone to succeed in life changed over the past decade?

% 2019 - 2024

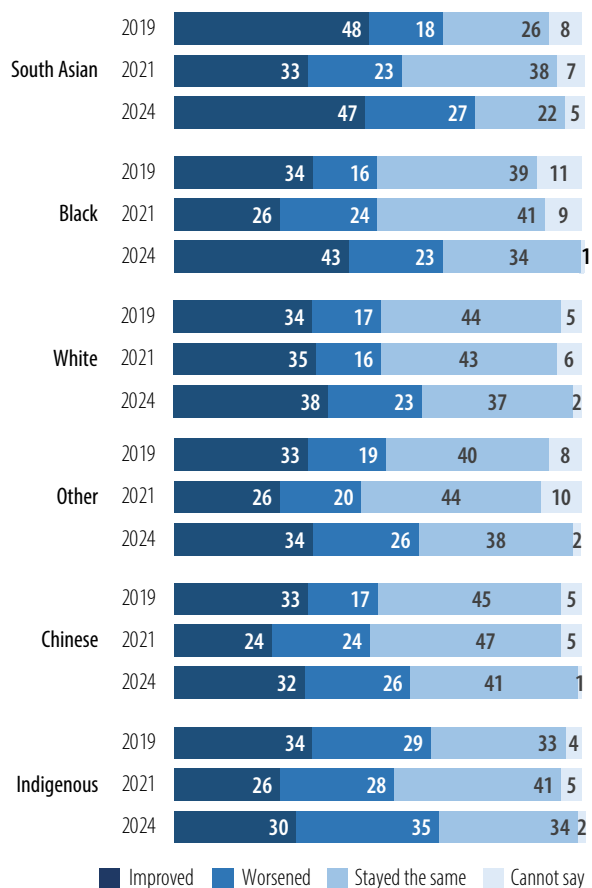


Q.9

Over the past 10 years, do you think race relations in Canada have improved, worsened, or stayed about the same in terms of people from all racial backgrounds having an equal chance to succeed in life?

Have the opportunities for everyone to succeed in life changed over the past decade?

% 2019 - 2024 By racial group responding



Q.9

Over the past 10 years, do you think race relations in Canada have improved, worsened, or stayed about the same in terms of people from all racial backgrounds having an equal chance to succeed in life?

Those who say opportunities for all racial groups to succeed in Canada **have improved** over time (38% of the population) give a number of reasons, most of which fall into one of five themes:

- Equal or better opportunities (26%, up 4 points since 2021) (e.g., *improving workplace diversity, more job opportunities, success is based on merit*);
- Multiculturalism/growing diversity (22%, up 10) (e.g., *immigrants becoming the norm, more ethnic role models, Canada is taking care of its immigrants*);
- More acceptance and inclusiveness (17%, up 5) (e.g., *greater tolerance, less racial bias and discrimination*);
- Programs, laws and policies (5%, down 1) (e.g., *training programs in place, laws against racism*); and
- Greater awareness and education (4%, down 15) (e.g., *people speaking out against racism, better access to education/scholarships, younger generation is more aware*).

Canadians who believe that equal opportunities to succeed have improved are more likely than in 2021 to emphasize progress with multiculturalism and diversity, while now much less apt to mention greater awareness and education. Fewer also now offer no reason for why they think race relations have improved in this way (23%, down 12). These changes from three years ago are reflected across all identifiable groups to a greater or lesser degree.

The smaller proportion of Canadians who believe that equal opportunities to succeed in life are **now worse** than before (23% of the population) cite similar reasons to those given in previous years, covering six themes:

- More discrimination and less tolerance (28%, down 2 points) (e.g., *anti-Asian sentiment, hate crimes against Black people, too much focus on racial differences*). In 2024, this response is most widely cited by those who are Muslim (51%) or Jewish (48%);
- Too many immigrants (16%, up 11) (e.g., *too many immigrants, weak economy with too few jobs, some not wanting to assimilate or respect Canadian values*);
- Economic and workplace obstacles (12%, up 1) (e.g., *fewer opportunities, greater income disparities*);
- Populism and right-wing ideologies (6%, down 4) (e.g., *rise of white nationalism, government policies*);
- Reverse discrimination (6%, unchanged) (e.g., *minority rights trumping others, fewer opportunities for white people*); and
- Social awareness and social media (6%, up 1) (e.g., *people becoming more vocal, social media putting out hate*).

As with reasons given for why people from different groups are not getting along as well as before, an increasing proportion of Canadians cite immigration as a reason for declining equal opportunities for success.

In what ways have opportunities to succeed changed?

% 2019 - 2024 Those who say race relations have changed, unprompted responses

	HOW IMPROVED?				HOW WORSENE?		
	2019	2021	2024		2019	2021	2024
Equal/better opportunities	18	22	26	More discrimination/racism/less tolerance	25	30	28
Multiculturalism/growing diversity	18	12	22	Too many immigrants	12	5	16
More acceptance/inclusiveness	12	12	17	Economic/workplace obstacles	8	11	12
Programs/laws/policies	7	6	5	Populism/right-wing ideology/policies	13	10	6
Greater awareness/education	12	19	4	Reverse discrimination	14	6	6
Other reasons	11	5	5	Social awareness/social media	3	5	6
Cannot say	35	35	23	Other reasons	9	11	1
				Cannot say	29	36	26

Q.10

In what way do you think that things are getting [better/worse] in terms of people from all racial backgrounds having an equal chance to succeed in life?

Race relations in one's own community

As in past years, a strong majority of Canadians describe conditions in their local community as generally good in terms of different groups getting along and equal opportunities for success. Most report having some, if not a lot of, contact with people of different backgrounds, in many cases as friends.

PERSONAL EXPERIENCE WITH OTHER GROUPS.

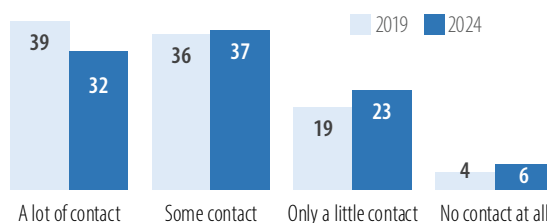
Canada is a multicultural society, with more than one-quarter identifying as what Statistics Canada formerly defined as a “visible minority group.” So, it is not surprising that many people have regular contact and friendships with others with different ethnic and racial backgrounds.

For the population as a whole, seven in ten Canadians report having a lot of contact (32%) or some contact (37%) with people who have a different racial or cultural background than their own. The proportion saying a lot of contact has actually declined since 2019 (down 7 percentage points), with a comparable rise in those who report having only a little (23%) or no (6%) such contact (up 6). This shift may reflect, in part, a lingering impact of the COVID-19 pandemic, and the substantial increase in the proportion of people now working at home instead of an office or job site.

Because racialized Canadians make up a smaller proportion of the population in the country and in most communities, they are more likely than white Canadians to be in frequent contact with people who are different. Having “a lot of contact” is most widely reported by individuals who are Black (55%), East or Southeast Asian (46%), South Asian (44%) or another racialized group (49%), as well as among those who are Jewish (45%) or Muslim (41%). By comparison, just under three in ten (28%) white Canadians report this experience, although another 37 percent have some contact. Frequent contact with people from other backgrounds is also more evident in Alberta (40%), urban populations (40%), Canadians ages 18 to 29 (44%) and those with a university degree (42%). The likelihood of having a lot of contact has declined across all groups since

Frequency of contact with people of different racial backgrounds

% 2019 - 2024



Q.13

In your daily life, how much contact do you, personally, have with people who have a different ethnic or racial background than your own?

2019, but most noticeably in Saskatchewan and Manitoba, and Alberta, as well as among people who are South Asian, Indigenous or Black.

Beyond simple contact, most Canadians have friendships that cross racial and cultural lines. Eight in ten (80%) say they have one or more friends from racial groups different from their own, and – unlike with frequency of contact – this proportion is unchanged since 2019.

Such friendships are most common among Canadians ages 18 to 29 (88%), as well as among people who are East or Southeast Asian (94%), Black (89%), First Nations (91%) or from another racialized group (88%). Such friendships are least apt to be reported by Atlantic Canadians (68%) and Métis people (70%).

RACE RELATIONS WITHIN THE COMMUNITY. How do Canadians view race relations in the communities where they live? As in previous years, opinions tend to be more positive when the focus shifts from the national to the local level.

Almost eight in ten (78%) say relations are generally good when it comes to how well *people from different races get along in their community*, up four percentage points since 2021, but not quite back to the level recorded in 2019 (81%). Fewer than one in six (13%) believe such relations are generally bad (unchanged from 2021), and a slightly smaller proportion cannot say either way (9%, down 4). Opinions on this question are broadly similar across the population, and positive responses have strengthened in most groups, most noticeably in Saskatchewan and Manitoba (82%, up 10), and Atlantic Canada (83%, up 9), as well as among Canadians who are Black (74%, up 14, and almost back to the level recorded in 2019 at 77%) or Métis (82%, up 19).

Three-quarters (73%) of Canadians say race relations in their community are generally good as it pertains to how well *people from different backgrounds have an equal chance to succeed in life* (unchanged from 2021), compared with one in six (16%) who describe this as generally bad; this reflects a

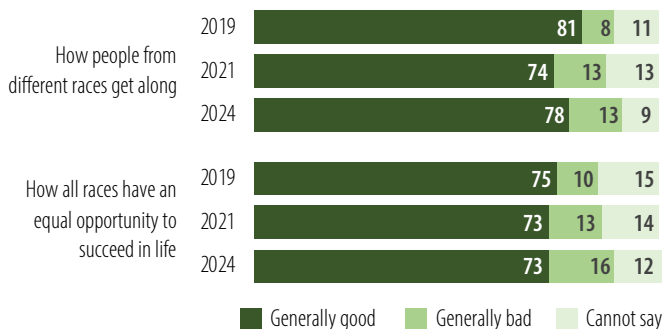
small increase from 2021 (up 3 points) following a similar rise over the previous two years.

Since 2021, positive opinions have declined among Ontarians, Canadians 30 to 44 years of age, and those who are second generation in the country, as well as among people who are Chinese, East or Southeast Asian, or Indigenous. Those most likely to believe local conditions are generally good for everyone to succeed include Atlantic Canadians (79%), people ages 65 plus (79%) and those with fully adequate household incomes (80%); this view is least apt to be shared by those who are Indigenous (57%). In 2024, the opinions of Muslims on both measures are consistent with the national average, while those of Jews are comparable to the somewhat less positive views of Black and Indigenous people.

Not surprisingly, personal experience with people who are different likely has some impact on views about race relations in one's community. Canadians who report a lot of contact with others from a different background are noticeably more likely to describe local conditions as generally good in terms of how well people get along (84%, compared with 60% among those with no such contact) and having an equal chance to succeed in life (76%, versus 61%).

Race relations in your community

% 2019 - 2024



Q.11a

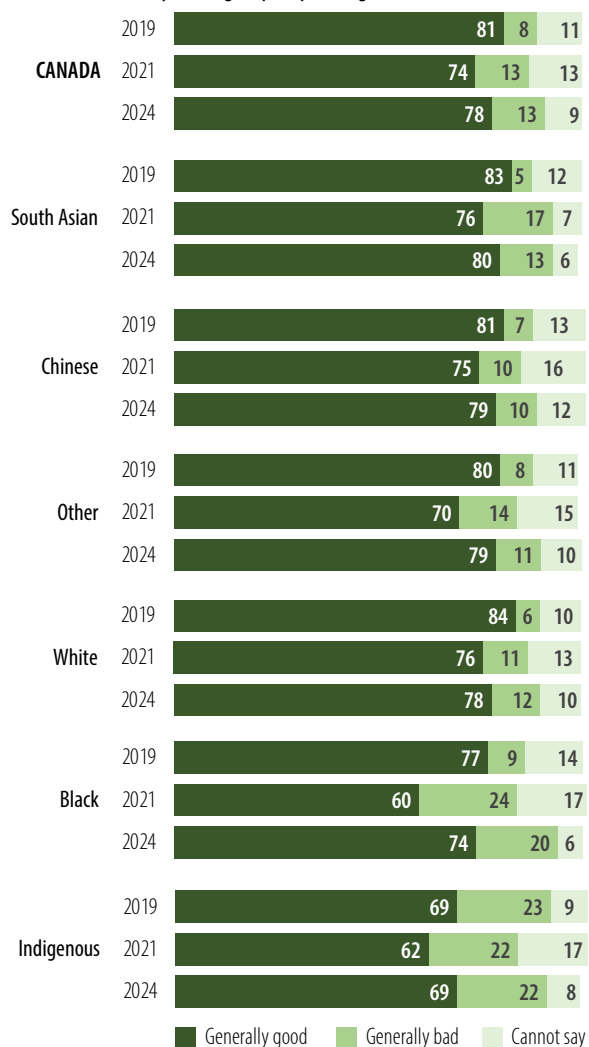
How would you describe the state of race relations in the community where you live in terms of how well people from different races get along?

Q.11b

How would you describe the state of race relations in the community where you live in terms of how well people from all racial backgrounds have an equal chance to succeed in life?

How well people from different races get along in your community

% 2019 - 2024 By racial group responding

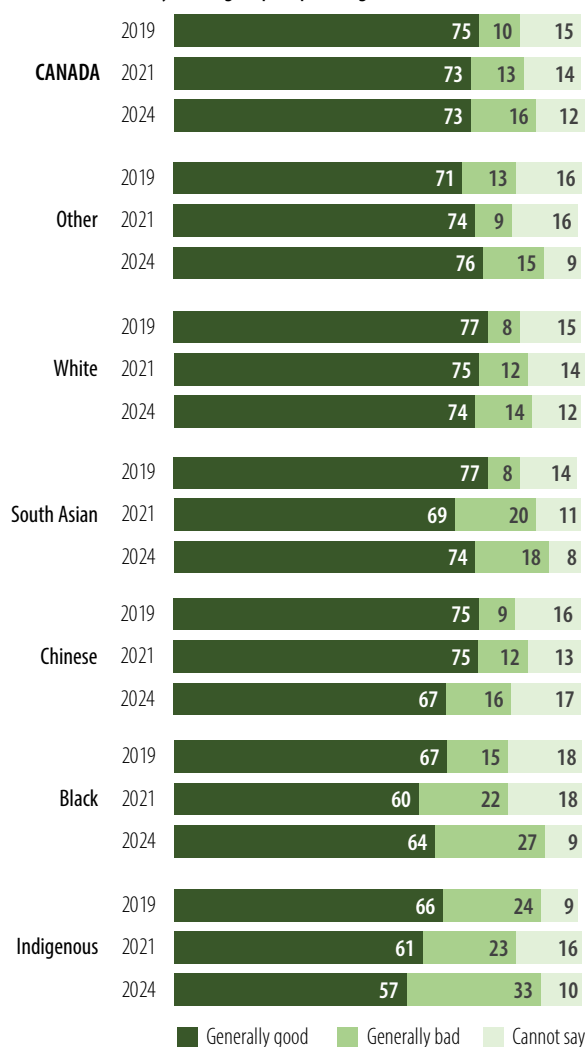


Q.11a

How would you describe the state of race relations in the community where you live in terms of how well people from different races get along?

How well people from different races have equal chance to succeed in your own community

% 2019 - 2024 By racial group responding



Q.11b

How would you describe the state of race relations in the community where you live in terms of how well people from all racial backgrounds have an equal chance to succeed in life?

Future of race relations in Canada

A majority of Canadians express optimism that progress toward racial equality will happen in their lifetime. This view has strengthened since 2021, reversing a previous decline – especially among racialized people, who are now more optimistic about the future than those who are white.

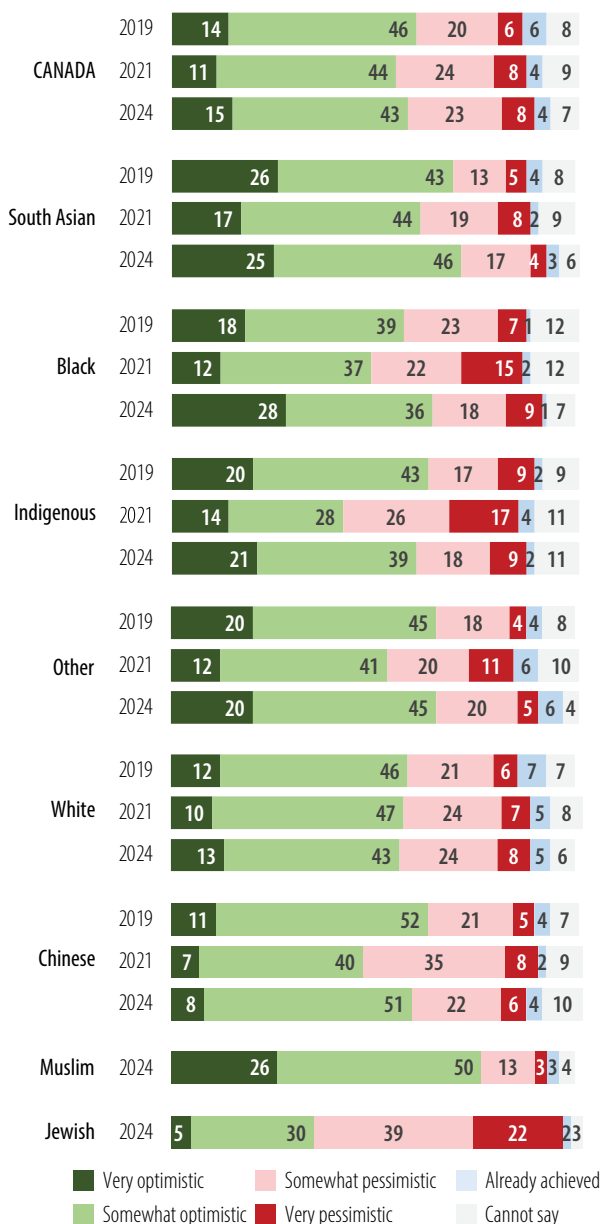
How do Canadians see the future for their country in realizing true racial equality? Almost six in ten are very (15%) or somewhat (43%) optimistic that all racialized people in Canada will be treated with the same respect as other people in their lifetime, compared with about half as many who are somewhat (23%) or very (8%) pessimistic. A small proportion (4%) maintain that such equality already exists, while others do not offer any response (7%).

For the population as a whole, opinions about the future of race relations have improved marginally since 2021, rebounding from a previous small decline. This change has occurred almost entirely among racialized Canadians, who are now much more likely than three years ago to express optimism about the future of racial equality in the country, following a notable decline between 2019 and 2021. The proportion who are very or somewhat optimistic has increased by double digits among all identified racial groups – notably people who are Indigenous (60%, up 18) or Black (64%, up 15) – and in all cases is now larger than the percentage of white Canadians who share this view (56%, down 1).

Across the country, optimism about future racial equality has also strengthened since 2021 in British Columbia, Alberta and Ontario, as well as among urban residents, Canadians 18 to 29 years of age and first generation in the country. In contrast, this view has weakened somewhat in Saskatchewan, Manitoba and Quebec. Optimism about future racial equality is now strongest among Canadians who are South Asian (71%), East or Southeast Asian (74%), newcomers to Canada (77%) or Muslim (76%). This view is less widely shared in Saskatchewan and Manitoba (48%), and among Métis people (50%), and least evident among Jewish Canadians (35%).

Will all racialized people in Canada be treated with respect in your lifetime?

% 2019 - 2024 By racial/ethnic/religious group responding



Q.53

Thinking about the future, are you optimistic or pessimistic that all racialized people in Canada will be treated with the same respect as other people, in your lifetime?



Perceptions of racial discrimination in Canada

As in the previous two studies, the survey examined Canadians' awareness, understanding and beliefs about the treatment of specific racial and ethnic groups in Canada, and how this has changed since 2021.

Which groups are most frequently targeted?

Canadians are now most likely to see Black and Asian people as the groups experiencing discrimination in this country. The salience of both groups is up sharply from 2021, as is mention of both Muslims and Jews. By comparison, attention to discrimination against Indigenous Peoples remains unchanged.

The survey asked Canadians to identify (without prompting) which ethnic, racial or religious groups they believe are most

frequently the target of discrimination or unfair treatment in the country today. A number of groups are mentioned, none by more than a third of the population, and one in three cannot identify any.¹¹

The current survey reveals notable changes in the relative salience of various groups, compared with results from 2021. In 2024, Canadians are most likely to identify Black or African people (37%) and/or Asians (36%) as the groups most likely to be affected by discrimination in the country; mention of both groups has increased by double digits since three years ago. By comparison, there has been little change in the identification of Indigenous Peoples as a target of racism (24%, down 2 points), the group that on previous surveys was at the top of the list.

Racial groups most frequently targeted for discrimination

% 2019 - 2024 Unprompted responses (identification of own group noted in red)

Groups Identified as Targeted	TOTAL			BY GROUP RESPONDING (2024)							
	2019	2021	2024	White	Chinese	South Asian	Other	Indigenous	Black	Muslim	Jewish
Black/Africans	16	25	37	36	44	32	48	33	57	32	47
Asians (net)	7	20	36	34	50	43	46	32	38	33	33
Chinese	3	4	10	8	20	11	10	8	15	9	8
South Asian	4	3	20	19	20	33	25	21	21	22	13
Muslims	15	5	29	31	28	28	38	17	25	39	38
Indigenous Peoples	23	26	24	25	19	11	22	45	26	12	36
Jews	2	5	19	22	18	7	32	10	16	12	66
Arabs	9	5	11	12	9	6	18	4	13	10	11
White/Caucasians	4	4	8	9	3	5	13	6	5	4	5
Christians	*	*	5	5	2	3	7	11	7	4	4
Other groups	9	10	14	14	11	14	21	14	22	13	12
None/cannot say	39	34	30	29	31	39	24	35	30	41	14

* Fewer than one percent

Q.15

Which ethnic or racial groups do you believe are most frequently the target of discrimination or unfair treatment in Canada today?

¹¹ The survey allowed for multiple responses to this question, with most participants identifying one or two groups.

Owing primarily to the current conflict in the Middle East, Canadians are now much more likely than three years ago to identify both Muslims (29%, up 24 points) and Jews (19%, up 14) as frequent targets of discrimination.¹² Smaller, but increasing, proportions of Canadians mention Arabs (11%, up 6), white people or Caucasians (8%, up 4) and Christians (5%, up 5). Three in ten (30%) do not identify any groups in response to this question.

As in the previous surveys, awareness of groups frequently targeted are largely similar across the country, as are the changes from three years ago as noted above. Opinions vary by participants' own racial group, but (as before) much less so than might be expected. Black people and Indigenous Peoples are most likely to name their own group, but by no means by a strong majority (57% and 45%, respectively). Roughly half of Asian participants identify Asians generally, with mentions of their own regional group comparatively lower among those who are

Chinese (20%), South Asian (33%), or East or Southeast Asian (13%); in each case, however, these proportions have increased measurably since 2021.

Among Muslims, four in ten (39%) identify Muslims as among the most frequently affected groups, with 12 percent mentioning Jews and four percent mentioning Christians. In 2024, two-thirds (66%) of Jews identify themselves as among the most targeted groups; somewhat smaller but comparable proportions of Black people (57%), Indigenous Peoples (45%), Muslims (39%) and South Asians (33%) each identify their own group.

As in 2021 (but not in 2019), the salience of groups most frequently targeted by discrimination is also influenced by age. Canadians ages 18 to 29 are most likely to identify people who are Black, Asian and/or Latin American, while it is those ages 65 plus who are most apt to emphasize the experience of people who are Jewish or Indigenous.

¹² The question wording in 2024 was modified to make specific reference to religious, as well as ethnic and cultural groups, which partly accounts for the increasing salience of discrimination against Muslim and Jewish people.

Extent of discrimination against specific groups

Most Canadians understand that racialized people in this country experience discrimination, but are somewhat less likely than in 2019 to believe this is happening on a regular basis. Such ongoing mistreatment is most widely seen to be happening to people who are Indigenous, Black or Muslim.

Canadians were asked (through prompted questions) about the frequency with which they believe that each of seven specific groups experience discrimination in the country today (four of these groups are repeated from previous surveys, and three are new this year).¹³ In all cases, a clear majority of Canadians believe that these groups experience discrimination at least sometimes, but (in the case of groups repeated) they are now less likely to believe that such mistreatment happens often.

INDIGENOUS PEOPLES. As on the previous surveys, Canadians are most likely to say that Indigenous Peoples often experience discrimination (31%), but this proportion has dropped significantly since 2021 (down 18 percentage points) and is also lower than that recorded in 2019. An increasing proportion believe Indigenous Peoples suffer mistreatment sometimes (39%, up 8) or rarely (18%, up 8), with very few claiming this never happens (6%, up 3).

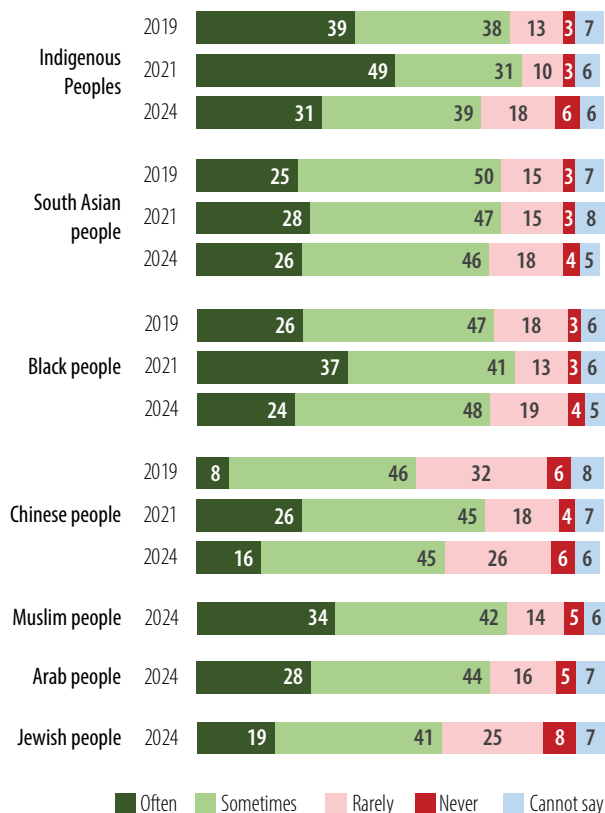
This latest downward shift in perceptions of frequent discrimination against Indigenous Peoples is evident across the population. The proportion that believes this happens often is down by double digits in every identifiable group, but most noticeably in British Columbia and Quebec, among women, Canadians ages 65 plus and those without a high school diploma.

The view that Indigenous Peoples often experience discrimination is now most widely held among residents of Saskatchewan and Manitoba (40%), and Canadians who are Black (45%); and least apt to be shared by South Asians (22%), newcomers to Canada (20%) and those without a high school diploma (22%).

BLACK PEOPLE. One in four (24%) Canadians now say that Black people in Canada often experience discrimination, down 13 points from 2021 and similar to the proportion recorded in

Perceived frequency of discrimination against specific racial groups

% 2019 - 2024 By racial group assessed (excluding own group)



Q.17a – g

For each of the following groups, please tell me whether you think they are often, sometimes, rarely or never the subject of discrimination in Canadian society today.

2019 (26%). Two-thirds now believe this group suffers racism sometimes (48%, up 7) or rarely (19%, up 6), with four percent (up 1) expressing the view that this never happens.

Declining perceptions of frequent discrimination against Black people is most evident in Atlantic Canada, as well as among women, newcomers, South Asians, Canadians with a university degree and those with inadequate incomes. This view is now most apt to be held by Canadians 18 to 29 years of age (34%) and those from other racialized groups (35%).

¹³ Survey participants were not asked to rate the frequency of discrimination of their own racial or ethnic group on this question. This was covered in a separate question later on the survey.

SOUTH ASIAN PEOPLE. One in four (26%) Canadians believe South Asians often experience discrimination, with a majority saying this happens sometimes (46%) or rarely (18%), and another four percent who claim it never happens. In contrast to perceptions of racism against Indigenous and Black people, views about South Asians' experience have changed little since 2021. Overall, the proportion saying this happens often is down two percentage points, with this decline primarily among specific groups, notably in British Columbia and Atlantic Canada, among women and Canadians ages 65 plus, and those who are second generation in the country. Those now most apt to believe that South Asians frequently encounter racism include Canadians ages 18 to 29 (35%), and those who are Indigenous (35%) or Muslim (36%). This view is least apt to be shared by those who are Chinese (18%) or Atlantic Canadian (19%).

CHINESE PEOPLE. One in six (16%) say Chinese people in Canada often encounter discrimination, down 10 percentage points since 2021, but still double the proportion expressing this view in 2019. This pattern likely reflects the anti-Asian sentiment that emerged during the COVID-19 pandemic in 2020 and 2021. The decline in perceptions of frequent racism against Chinese people is most evident in British Columbia (22%, down 17 points) and Ontario (17%, down 12), as well as among people who are South Asian (12%, down 15), or East or Southeast Asian (22%, down 15). This view is now most widely held among Canadians ages 18 to 29 (23%) and least so in Quebec (12%).

The following three groups were included for the first time in 2024.

ARAB PEOPLE. Close to three in ten (28%) Canadians believe that Arab people in this country often experience discrimination, compared with those who say this happens sometimes (44%), rarely (16%) or never (5%). Those most likely to believe that this happens to Arabs often include Canadians under 45 years of age (37%), and those who are Indigenous (35%) or Black (33%). This opinion is least apt to

be shared among residents of British Columbia (18%), those who are Chinese (17%) or South Asian (16%), first-generation Canadians (15%) and Muslims (18%).

MUSLIM PEOPLE. One in three (34%) Canadians say that Muslims in this country often experience discrimination, with others indicating this happens sometimes (42%), rarely (14%) or never (5%). Frequent mistreatment of Muslims is most widely perceived in Quebec (41%) and among Indigenous Peoples (39%), with this view least evident among those who are Chinese (21%). Views on the treatment of Muslims is also correlated with generation in the country: Frequent discrimination of this group is most apt to be mentioned by Canadians who are third generation in the country (i.e., both parents were born in Canada) (37%), and least so by recent newcomers (20%). Jews are less likely than the national population to believe Muslims in Canada often experience discrimination (26%), but more likely to say this happens sometimes (47%).

JEWISH PEOPLE. Compared with most of the other groups examined, Canadians as a whole are less likely to believe that Jewish people in this country experience frequent discrimination. One in five (19%) say Jews experience mistreatment often, compared with those who believe that this happens sometimes (41%), rarely (25%) or never (8%). Such perceptions do not vary significantly across the population, with "often" responses somewhat more common among Canadians who are Black (24%), First Nations (24%) or another racialized group (25%); and least so among those who are first generation in the country (13%), Métis (12%) or Muslim (13%, compared with 27% who believe this never happens).

The survey reveals that most Canadians have a similar view about the treatment of both Muslims and Jews in this country. That is, those who say Jewish people often experience discrimination are also very likely to believe the same happens to Muslim people. Close to 60 percent of those surveyed give identical responses in terms of the frequency with which they believe each group experiences discrimination.

Attitudes about other racial groups

The public is more likely than not to acknowledge the legitimacy of experienced racism in Canada, most noticeably for Indigenous Peoples, followed by Black people; and less so for South Asians, Chinese, Muslims and Jews. This perspective has diminished since 2021, even among racialized Canadians.

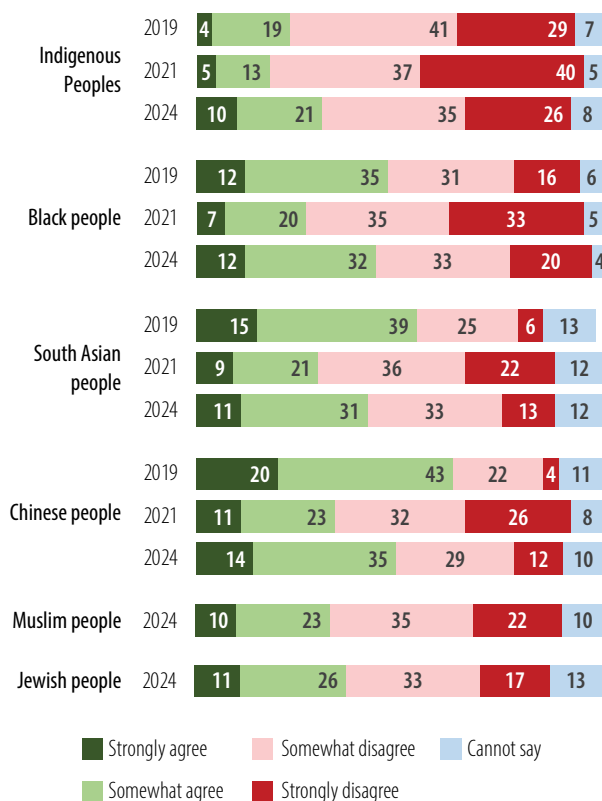
In addition to measuring public perceptions about racial discrimination, the survey also probed Canadian attitudes or feelings about racialized people and their experiences of discrimination, as distinct from what they think is happening to them. This was addressed by measuring the prevalence of common attitudes that, in some cases, reflect stereotypes and prejudice that persist in the population. These questions were drawn from the research literature on “symbolic” or “modern” racism, which is a contemporary and more subtle form of racism that focuses on racialized people as a group (rather than as individuals) and their place in society.¹⁴ The questions consist of three “agree-disagree” statements, and are asked with specific reference to one of six racialized groups in Canada (four of which are repeated from 2019, and two of which are new).¹⁵

DISCRIMINATION AGAINST [GROUP] IS NO LONGER A PROBLEM IN CANADA. When results for this question are combined across the six racialized groups presented, Canadians as a whole are more likely to disagree (50%) than agree (39%) with this statement. The proportion who disagree that discrimination against racialized Canadians has declined by 10 percentage points since 2021. Despite this latest shift, Canadians are still more likely to reject the statement than they were in 2019, when more people agreed than disagreed.¹⁶

This softening of perceptions about discrimination against racialized groups over the past three years has occurred across the population and among every identifiable group, with the notable exception of residents living in Saskatchewan and Manitoba.

Discrimination against [group] is no longer a problem in Canada

% 2019 - 2024 By racial group assessed (excluding own group)



Q.12a

Please indicate whether you agree or disagree with each of the following statements about the treatment of [Chinese people / Black people / South Asian people / Indigenous Peoples / Muslim people / Jewish people]:
Discrimination against [GROUP] is no longer a problem in Canada.

¹⁴ The term “symbolic racism” was coined by Sears and McConahay in 1973 to explain why most white Americans supported principles of equality for black Americans, but fewer supported programs to implement these principles. See Sears, David O. and McConahay, John B., eds. (1973). *The Politics of Violence: The New Urban Blacks and the Watts Riot*. Boston: Houghton-Mifflin.

¹⁵ Survey participants were not asked these questions with reference to their own ethnic or racial group.

¹⁶ It should be noted that the 2024 results reflect, in part, the addition of two new groups that were not presented in 2021. This would account for some part of the change over time, but the general trend is evident for each specific group.

Increasing agreement with the statement that discrimination is no longer a problem is most pronounced among Canadians 18 to 29 years of age (52%, up 27 points), and those who are South Asian (57%, up 22) or Black (44%, up 23).

This shift away from seeing discrimination as a problem is evident for each of the four racialized groups covered in the previous surveys. As before, Canadians are least likely to agree with the statement when applied to *Indigenous Peoples* (31% agree, versus 61% who disagree). But such agreement has increased since 2021 (up 13 points), and remains higher than the proportion recorded in 2019 (23%).

When the focus is on the treatment of *Black people* in Canada, 44 percent now agree that discrimination is no

longer a problem (up 17). Similar proportions are also now more apt to agree that discrimination is no longer a problem as it applies to *South Asians* (42%, up 12) or *Chinese people* (49%, up 15). For these latter three groups, the percentage in agreement has not returned to what was recorded in 2019.

Two new groups were added to the mix for 2024. One in three (33%) Canadians agree that discrimination is no longer a problem for *Muslims* in this country, compared with just over half (57%) who disagree. A slightly larger proportion agree with the statement for *Jewish people* in Canada (37%), compared with those who disagree (50%). For both groups, the view that discrimination is no longer a problem is most prevalent among younger Canadians, especially those ages 18 to 29.

IT IS EASY TO UNDERSTAND THE ANGER OF [GROUP] IN CANADA. Half (50%) of Canadians strongly or somewhat agree with this statement about understanding the anger of racialized Canadians (combined across groups), down four percentage points from 2021, compared with just under four in ten (37%) who somewhat or strongly disagree (up 5 points).

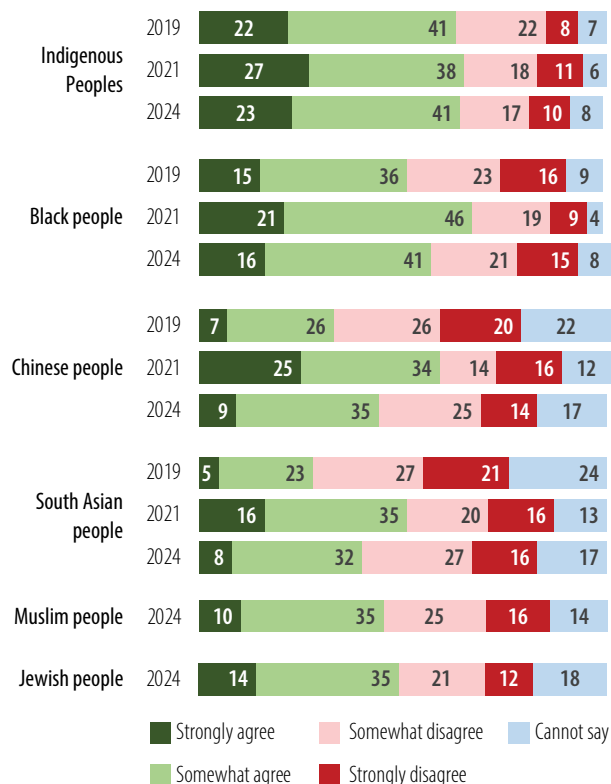
Opinions on this question have not shifted uniformly across the population, with declining agreement most notable among residents of British Columbia, Saskatchewan and Manitoba, urban Canadians, those who are Chinese, East or Southeast Asian, or First Nations, women, those ages 65 and over, and those with either no high school diploma or a university degree. Agreement with this statement increased modestly among those who are Métis or from another racialized group.

Of the four groups included in 2021, Canadians continue to be most likely to agree that it is easy to understand the anger of *Indigenous Peoples* (64%), compared with fewer than half as many (27%) who disagree. These percentages have changed little since 2021, apart from the shift of a few points from “strongly” to “somewhat” agree. By comparison, fewer Canadians now agree with the statement as it applies to people who are *Black* (57%, down 10 points from 2021), *Chinese* (44%, down 15) and *South Asian* (40%, down 11).

Half (49%) of people surveyed strongly or somewhat agree that it is easy to understand the anger of *Jewish people* in Canada, compared with one-third (33%) who disagree, and another 18 percent who cannot offer an opinion. Slightly fewer agree with this statement in reference to *Muslim people* (45%), compared with 41 percent who disagree, and another 14 percent who do not provide a response to the question.

It is easy to understand the anger of [group] in Canada

% 2019 - 2024 By racial group assessed (excluding own group)



Q.12b

Please indicate whether you agree or disagree with each of the following statements about the treatment of [Chinese people / Black people / South Asian people / Indigenous Peoples / Muslim people / Jewish people]: It is easy to understand the anger of [GROUP] in Canada.

RACIAL DISCRIMINATION IS THE MAIN REASON [GROUP] CANNOT GET AHEAD THESE DAYS. While most Canadians acknowledge the persistent racism experienced by some groups in the country, they are less apt to believe this represents the primary obstacle to a successful life. Just over one in three (35%) Canadians agree strongly or somewhat with this statement, down four percentage points since 2021 and barely more than what was recorded in 2019. Half (49%) now disagree with this statement (up 6 points), while 17 percent do not offer an opinion either way.

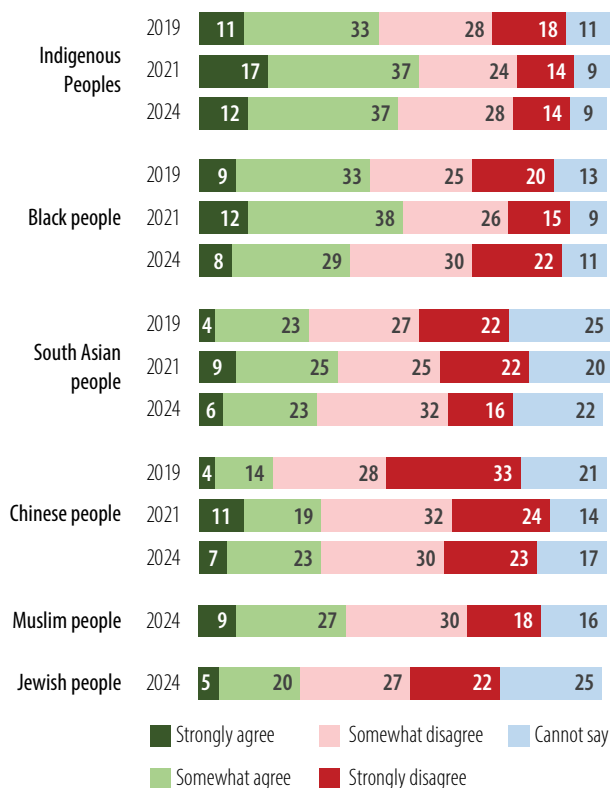
Canadian perspectives on this question do not vary significantly across the population, with agreement declining since 2021 most noticeably in British Columbia and Atlantic Canada, among those who are Chinese, or East or Southeast Asian, and those with a university degree. In contrast, agreement that racism is an obstacle to getting ahead has increased modestly among residents of Saskatchewan and Manitoba, and Indigenous Peoples (primarily Métis).

As with the other previous statements, Canadians are most likely to agree with that racism is a main reason why people cannot get ahead with reference to *Indigenous Peoples* (49%), with this proportion down moderately since 2021 (down 5 points). This general downward trend is most significant in the case of the obstacles facing *Black people* (37%, down 13), and much less so in reference to *Chinese people* (30%, unchanged) and *South Asian people* (29%, down 5).

One in three (36%) Canadians agree strongly or somewhat that discrimination is the main reason why *Muslim people* cannot get ahead these days, compared with half (48%) who disagree, and another 16 percent who cannot offer a response to the question. Somewhat fewer agree with this statement as it applies to *Jewish people* (25% agree), with the same proportion disagreeing (49%) and a quarter unable to say either way (25%).

Racial discrimination is the main reason why [group] cannot get ahead these days

% 2019 - 2024 By racial group assessed (excluding own group)



Q.12e

Please indicate whether you agree or disagree with each of the following statements about the treatment of [Chinese people / Black people / South Asian people / Indigenous Peoples / Muslim people / Jewish people]: Racial discrimination is the main reason why many [GROUP] cannot get ahead these days.

Future treatment of own racial group

Racialized Canadians are more likely than not to believe that the next generation in their group will face less racism than what is experienced today by their group. This optimism has strengthened among South Asian and Black people, but is least apt to be shared by those who are Indigenous or Muslim.

HOW THE NEXT GENERATION WILL BE TREATED IN SOCIETY. The survey asked Canadians who do not identify as white how they think the next generation of people with their own racial or cultural background will be treated in society in terms of discrimination and stereotyping. Overall, the expectation is that the next generation will experience less (42%) rather than more (17%) racism, although many believe it will remain about the same as today (30%) or cannot say (11%).

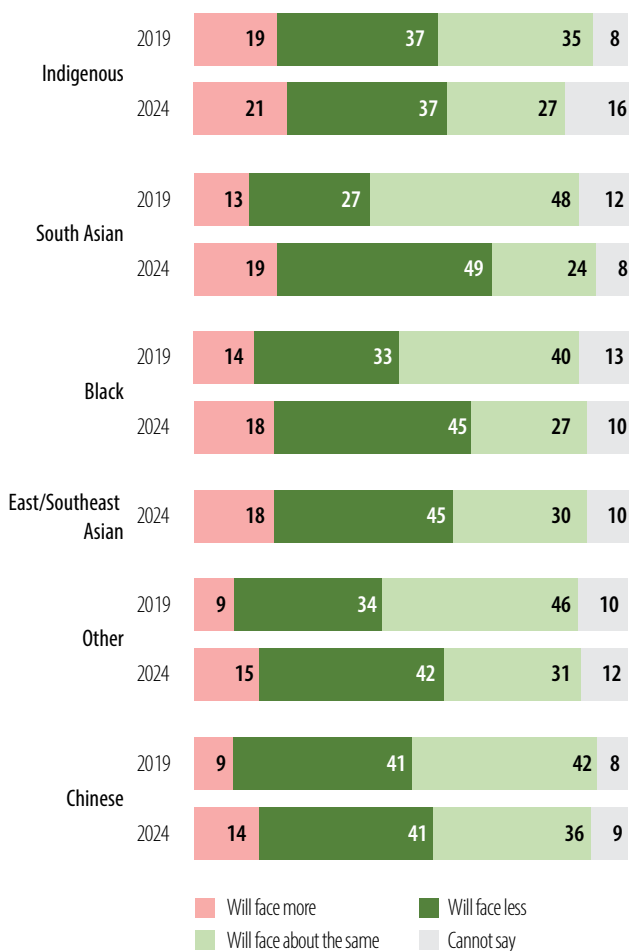
In each identified racialized group, a plurality believes that the next generation will face less rather than more racism, with this view most common among South Asians (49%), among whom expectations have improved the most since 2019. Among Black Canadians, close to half (45%, up 12 points) now express optimism for the next generation, with a smaller increase in those who take the opposite view (18%, up 4).

Positive expectations about treatment of the next generation are least evident among Indigenous Peoples (37%), especially First Nations (26%), with a higher proportion now expressing uncertainty (16%, up 8).

Across the population, better treatment for the next generation is most widely anticipated by Canadians 18 to 29 years of age (47%) and newcomers to the country (52%), while worse treatment is most apt to be the expectation among those who have experienced racial discrimination regularly or from time to time (27%).

How next generation in your group will experience discrimination and stereotyping

% 2019 - 2024 By racial group responding



Q.55.

Do you believe the next generation of [racial/ethnic group] will face more, face less, or face about the same level of discrimination and stereotyping as they do today?

Future outlook for Muslim and Jewish people in Canada

Canadians are somewhat more positive than negative about the future treatment of the next generation of Muslims and Jews in this country, but pluralities do not anticipate any meaningful change. Muslims stand out as being much less optimistic about how their community will be treated in the future.

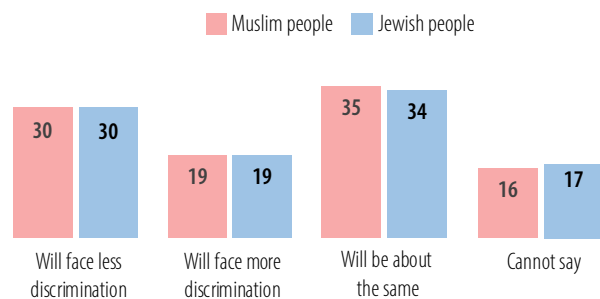
The ongoing conflict in Gaza has had repercussions in Canada, and has been most keenly felt by the country's Muslim, Jewish, Palestinian and Israeli communities. The survey asked Canadians about the future in terms of what they believe the next generation of Muslims and Jews are likely to face in terms of discrimination and stereotyping. Opinions on this question are largely split between those who believe treatment of these groups will become better or worse, and those who do not anticipate change or otherwise cannot offer an opinion.

For future generations of **Muslims** in Canada, Canadians are more likely to believe they will face less discrimination and stereotyping than they do today (30%), compared with those who think they will face more (19%). Another third (35%) do not believe the treatment of the next generation of Muslims is likely to change, while one in six (16%) do not offer an opinion.

Canadians express essentially the same view when it comes to the anticipated treatment of future generations of **Jews** in this country. Three in ten (30%) expect they will face less discrimination and stereotyping, compared with one in five (19%) who believe they will experience more mistreatment. One-third (34%) anticipate no change, with another one in six (17%) who do not provide any response. Views on this question are more similar than different across the population. For both groups, a positive outlook for future generations is most widely held by Canadians ages 18 to 29, South Asians and newcomers to Canada.

Will next generation of Muslims and Jews face more or less discrimination?

% 2024 By group assessed



Q.55.

Do you believe the next generation of [Jewish people / Muslim people] will face more, face less, or face about the same level of discrimination and stereotyping as they do today?

HOW DO CANADIAN MUSLIMS AND JEWS ANSWER THESE QUESTIONS? Muslims express little optimism about the future of their community, with almost half (47%) anticipating that the next generation will experience more discrimination and stereotyping, compared with only 20 percent who believe there will be less. Jewish Canadians are more mixed in their view about the future treatment of Muslims in this country (30% say they will face more discrimination, compared with 25% who think it will be less).

Jews are even more pessimistic about the future treatment of their community. Just over half (52%) expect their next generation will face more discrimination and stereotyping, compared with only 10 percent who think they will face less. Muslims are marginally more positive in their expectations for the future treatment of Jews in Canada, with only 13 percent anticipating Jews will face more discrimination, compared with almost three times as many (38%) expecting them to face less.

WHAT BROADER SOCIETY SHOULD UNDERSTAND ABOUT PEOPLE LIKE ME. The survey asked Canadians who do not identify as white if there was one thing they wished broader society understood about people from their ethnic or racial background; this question was asked unprompted, allowing participants to provide a response in their own words.

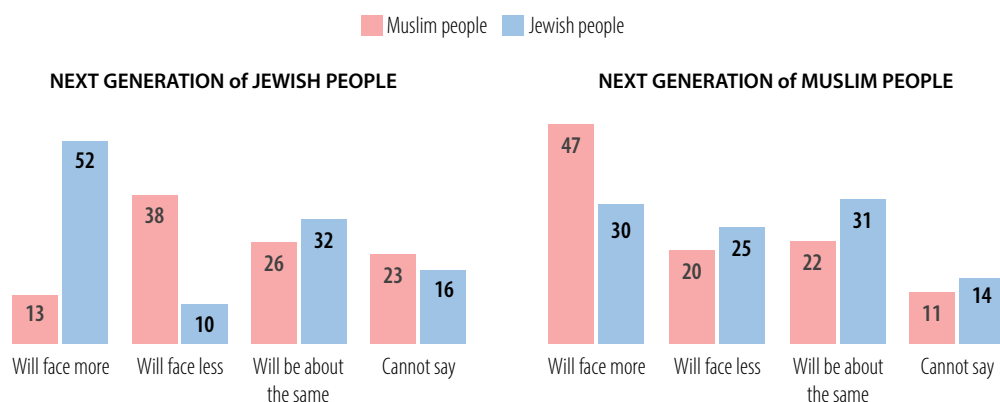
Four in ten (41%) offer their comments in response to this question, which spanned many messages and themes, of which three stand out as most common. The most common theme (encompassing 15% of the racialized population) emphasizes how society should understand that people like themselves are just like others, and deserve the same consideration and treatment. These comments include references to the fact that everyone is part of the same human race or country, and the importance of everyone getting along.

A second theme focuses on the positive attributes of people with their ethnic or racial background (13%). This is expressed in such terms as being educated or hard working, friendly, or coming from diverse backgrounds. A third theme emphasizes the importance of not stereotyping people from a group different from their own (8%), with references to not basing one's view of a people based on the actions of a few, or assuming people unlike themselves pose a threat to jobs or local culture.

These themes are given more or less equal emphasis across the Canadian racialized population, by racial group, as well as by such characteristics as age, gender and education. It is those who identify as Black who are the most likely to express the desire for society to understand a shared humanity and the importance of everyone being treated the same.

Will next generation of Muslims and Jews face more or less discrimination?

% 2024 By group responding (by colour) and group assessed



Q.55.

Do you believe the next generation of [Jewish people / Muslim people] will face more, face less, or face about the same level of discrimination and stereotyping as they do today?

Is there one thing you wished broader society understood about people who are of your ethnic, racial or religious background?

We are the same as everyone else – we are human beings who have feelings, goals, and culture and traditions we carry with us everywhere we go.

When you treat ONE Black person nicely, he/she returns the niceness to a zillion people.

I would say that not all Chinese are politicized and not all of them are portrayed negatively without speaking to real people. Indeed, the government and the society should recognize the pitfall of not knowing who they are.

We are the same as all other peoples. We have some good, some bad and some nice people. We are no different from others in that respect. But I do wish they taught about Métis history, values, outlook on life and beliefs so that others can better understand and support us.

We are both a culture and a religion, but not a race. We have faced discrimination for generations, even before Christianity and Islam were broadly practiced. All cherish the existence of this identifiable homeland and the opportunity to be Jewish without fear.

Not all Latin Americans are the same. Some stereotypes like Colombian = drug dealer/producer are not funny, and Latin American women are not subjects to be exoticized.

That we are people too. And to be honest, we wouldn't be migrating to other countries if our countries were in stable conditions, which they would be if we weren't colonized and stolen from by the people who are racist to us now.

We are not the Israeli government and we don't hate Palestinian people.

We are smarter than we sound and look. Don't mistake our niceness for our lack of tendency and ability to fight back if you bully and harass us.

I wish people would learn about South Asian culture, read about or travel to South Asia or even ask us instead of forming preconceived notions, sometimes half-baked information is wrong and misleading.

As Arabs, our expressive gestures and vocal tones may seem strong, yet they do not convey danger. Through our physical movements and spoken words, we convey openness to embracing new customs, traditions, and behaviours.

The history and what caused First Nations to acquire a certain negative reputation. To recognize what happened in the past and to implement next steps to help First Nations to heal.

We did not take other people's jobs. People who didn't want to take the undesirable minimum wage job and think they're above that or are entitled should not complain about us immigrants taking their jobs, especially if they didn't want it in the first place.

Quite often, people mistake Southeast Asians, thinking we are from China too, as they cannot distinguish from appearance. I wish there could be more public education about international race and culture that may be helpful.

That being Jewish and supporting Israel are two different things

Though born here, I am sometimes called "kraut" or given the Nazi salute by Caucasians of English background when they find out I have German ancestry.

Métis is Indigenous, it does not just mean « mixed ». Lots of people assume I'm not Indigenous just because I don't fit a stereotype.

Systemic versus attitudinal racism

Canadians tend to see discrimination against racialized people as a matter of individual prejudice rather than something systemic built into laws and institutions. Black and Indigenous people are most likely to be seen as treated less fairly than white people, especially when dealing with the police.

IS DISCRIMINATION ABOUT INDIVIDUAL PREJUDICE OR SYSTEMIC RACISM?

Discrimination and racism have multiple roots. What is most visible are the actions of individuals who act or otherwise express themselves disrespectfully toward others, but also manifested systemically in how society is structured and operates through its laws, policies and norms. The existence and extent of systemic racism has received increased attention in recent years as the result of greater scrutiny being directed toward policing practices and other forms of institutional policy. As in the previous two surveys, the current survey asked Canadians whether they believe the bigger problem with discrimination against each of six ethnic and racialized groups stems from the prejudice of individuals or from what is built into the country's laws and institutions.

As in past years, Canadians are more likely to see racism manifested through individual prejudice than institutional systems, although a sizeable minority see both equally at play. When results are combined across the six groups assessed, a plurality continues to say that the bigger problem is individual prejudice (41%), compared with our laws and institutions (6%), while one-third (32%) believe racism is equally a problem of individual prejudice and systemic factors. One in ten (9%) maintain that these groups don't face any discrimination, while a similar proportion do not provide a response to the question (11%).

Opinions on this issue for combined groups have changed little since the question was first posed in 2019, and vary little across the population. Canadians most likely to say that racism is equally a function of individual prejudice and systemic factors include those who are Black (43%) or identify as 2SLBGQI+ (40%). Racism is most apt to be viewed as mostly about individual prejudice among Canadians ages 65 plus (50%).

Basis of discrimination of racialized groups in Canada

% 2019 - 2024 By racial group assessed

	TOTAL			Chinese people			South Asian people			Indigenous Peoples			Black people			Muslim people	Jewish people
	2019	2021	2024	2019	2021	2024	2019	2021	2024	2019	2021	2024	2019	2021	2024	2024	2024
Based on prejudice of individuals	41	38	41	39	44	47	44	44	48	33	23	27	47	38	38	39	42
Based on laws and institutions	5	6	6	3	7	6	4	3	3	8	13	9	4	7	7	8	4
Both equally a problem	29	34	32	19	30	24	25	31	30	44	49	44	29	40	34	32	30
Neither/no discrimination against group	10	9	9	19	8	11	10	10	8	5	8	8	8	8	9	11	9
Cannot say	15	12	11	20	11	12	18	12	11	11	7	12	11	7	8	11	15

Q.18

When it comes to discrimination against [Chinese people / Black people / South Asian people / Indigenous Peoples / East-Southeast Asian people / Muslim people / Jewish people] which do you think is the bigger problem ...?

Canadians' answer to this question varies somewhat depending on which ethnic or racial group is being assessed, although the overall pattern is similar. As on past surveys, the focus on institutions and laws (on their own or equally with individual prejudice) is most prevalent in reference to discrimination against Indigenous Peoples (53%), followed by Black people (41%), but both proportions have declined since 2021.

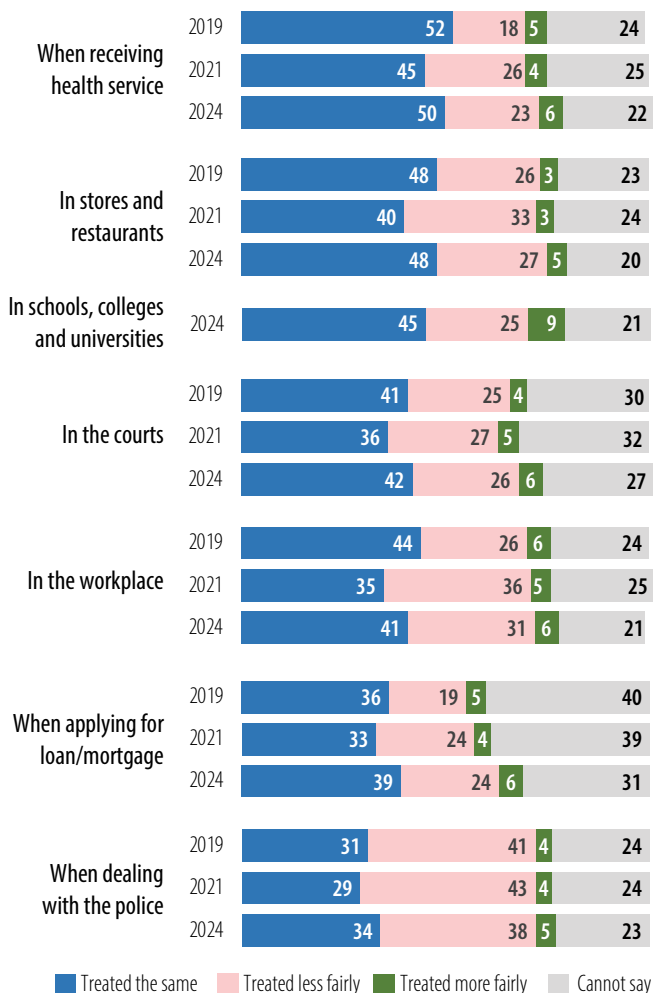
This perspective is also now a bit less widespread with reference to racism against Chinese people (30%), while similar and stable with respect to South Asian people (33%). New in 2024, the percentage identifying systemic racism singly or along with prejudice is broadly similar for Muslims (40%) and Jews (34%).¹⁷

DISCRIMINATION IN SPECIFIC SETTINGS. A more specific way to measure Canadians' awareness of systemic forms of racism is to ask about how they believe each of the six ethnic or racialized groups are treated in seven types of settings, specifically in terms of whether they are treated the same, less fairly or more fairly than white people.¹⁸

As in previous surveys, perceptions of how racialized people are treated vary significantly depending on the type of setting. But in all of the settings referenced, Canadians are marginally less likely than in 2021 to believe that racialized people are treated less fairly than white people, reverting back to the balance of opinion recorded in 2019.

Across the seven settings presented, the public continues to say that racialized individuals are most likely *treated the same* as white people when it comes to **requiring health care services** (50%, up 5 points since 2021), compared with those who believe they are treated less fairly (23%, down 3). Equal treatment of racialized people is also more apt to be assumed in settings that include **stores and restaurants** (48%, up 8), **in the courts** (42%, up 6), **in the workplace** (41%, up 6), **when applying for a loan or mortgage** (39%, up 6) and **when dealing with the police** (34%, up 5). It is only in this last setting, where the balance of opinion is toward less fair treatment, with this gap having narrowed over the past three years.

Treatment of group compared with [white/other] people
% 2019 - 2024 By situation



Q.19a-g

Thinking about Canada, overall would you say that [SAME GROUP FROM Q.12] are treated the same as [white/other] people, treated less fairly, or more fairly than white people, in each of the following situations...?

¹⁷ These two proportions largely match those recorded for both Muslim and Jewish survey participants themselves.

¹⁸ Each survey participant answered these questions with reference to one of six ethnic or racialized groups (randomly assigned). No one was asked about their own racial group. In the case of the treatment of Jewish people, the comparison was made with "other people" rather than "white people."

New in 2024, more than four in ten (45%) Canadians say that racialized people are treated the same as white people **in schools, colleges and universities**, compared with 25 percent who say they are treated less fairly.

When these combined results are broken down by how each of the six ethnic or racial groups are treated, it is Indigenous and Black people who are most apt to be seen as being treated less fairly than white people across the settings presented; it is most pronounced in situations involving police, where clear majorities express this view. While perceptions of the relative mistreatment of these two groups is consistent with the previous surveys, it is now less common than in 2021 in some settings, most notably when Indigenous Peoples need health care (42% are treated less fairly, down 8), and Black people in the workplace (33%, down 8). By comparison, Canadians are less apt to say that either Chinese or South Asian people are treated less fairly than white people across these settings, and there have been few notable changes since 2021.

This year's survey also included references to the treatment of Muslim and Jewish people in these settings. Muslims are most likely to be seen as being treated less fairly than white people in the workplace (35%), when dealing with police (35%), and in stores and restaurants (31%), roughly comparable to how people rate the treatment given to South Asian people. In comparison with Muslims, Canadians are half as likely to believe that Jewish people are treated less fairly than other people across each of these settings.

How do perceptions of treatment in these settings vary by Canadians' own background and identity?

The overall pattern of changes since 2021 noted previously are evident across all or most subgroups (e.g., by region, demographics and racial background), in some cases more so and in other cases less. Across settings, the belief that racialized people are treated less fairly than white people is more evident among Canadians 18 to 29 years of age, and those who are Black, or East or Southeast Asian. White survey participants are not noticeably more likely than those from other racial backgrounds to say that other racialized groups receive equal treatment with white people.

Group treated less fairly than [white/other] people, by situation

% 2019 - 2024 By group assessed

	Chinese people			South Asian people			Indigenous Peoples			Black people			Muslim people	Jewish people
	2019	2021	2024	2019	2021	2024	2019	2021	2024	2019	2021	2024	2024	2024
When receiving health care services	11	16	17	13	18	17	34	50	42	16	33	29	20	10
In stores and restaurants	18	20	21	22	28	25	37	41	39	28	39	32	31	14
In schools, colleges and universities	–	–	20	–	–	24	–	–	36	–	–	28	27	17
In the courts	10	13	15	16	18	20	38	42	42	35	46	45	22	10
In the workplace	17	28	29	24	33	32	34	43	42	27	41	33	35	16
When applying for a loan/mortgage	10	11	17	13	20	21	31	40	42	23	34	31	21	12
When dealing with the police	15	24	26	31	33	30	58	59	55	57	68	64	35	13

Q.19a-g

Thinking about Canada, overall would you say that [SAME GROUP FROM Q.12] are treated the same as [white/other] people, treated less fairly, or more fairly than white people, in each of the following situations...?



Indirect experience with racial discrimination

The survey asked Canadians about their knowledge and indirect experience with racism among others in their own racial or cultural group, as well as people in other groups. This is relevant to understanding both what people see happening within their own communities, networks and families, as well as how they are affected by the experiences of people they know.

General treatment of own group

Most racialized Canadians see their own group experiencing unfair treatment because of race or culture, but this view is less widespread than in 2021, especially among those who are Black. In addition, racialized people are more likely than before to say their group is accurately portrayed in the media.

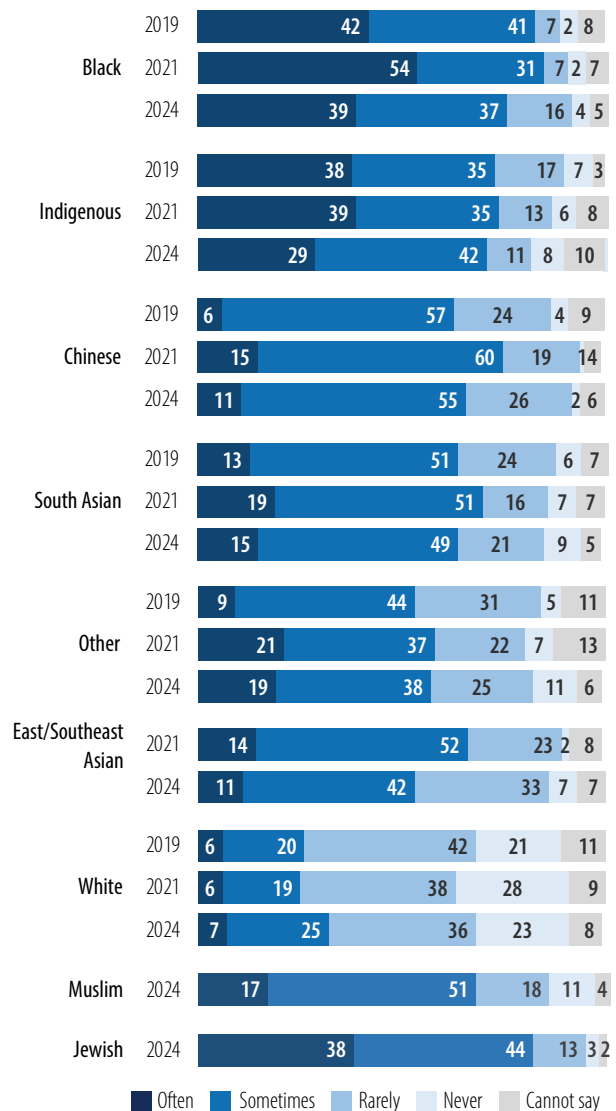
FREQUENCY OF DISCRIMINATION. Earlier in the survey, Canadians were asked about the extent to which they believe other groups in this country experience unfair treatment because of their race or cultural background. Later, they were asked about the experience of their own group, and the results show a similar pattern.

Large majorities of Canadians who are Black (76%) or Indigenous (71%) say that people in their group are treated unfairly at least sometimes, if not often, because of their race and culture; and they are also most apt to report such experiences as happening often. Other racialized people are as likely to say their groups experience discrimination at least rarely, but less apt to describe it as happening frequently.

Notably, these perceptions are now less widespread than in 2021 across most racialized groups, and in particular those who are Black (39% say happening often, down 15 points) or Indigenous (29%, down 10). In some cases these percentages reverse a previous upward trend (Black, Chinese, South Asian), and in others reflect the lowest proportion yet recorded (East or Southeast Asian).

Frequency of unfair treatment of own group

% 2019 - 2024 By racial/ethnic/religious group responding



Q.16

How often are people in your own ethnic or racial group treated unfairly because of their race or culture...?

Canadians who identify as white are least apt to say that their ethnic or racial group experiences discrimination (32% often or sometimes), but this reflects an increasing proportion since 2021 (up 7 points).¹⁹ The only other group who is now more likely to express this opinion are those who identify as Métis (71%, up 9 points).

In 2024, close to four in ten (38%) Jewish Canadians believe that people in their community often experience unfair treatment with another 44 percent who say this happens sometimes (these results are similar to those recorded for Black Canadians with respect to their own community). Among Muslim Canadians, one in six (17%) say that people in their community often experience such mistreatment, with another 51 percent indicating this happens sometimes (equivalent to perceptions expressed by South Asians).

¹⁹ Those who identify as white encompass a range of racial and ethnic backgrounds, which in some cases might expose them to discrimination. For example, a 2018 Environics Institute survey found that close to one in five Jews in Canada reported to have experienced discrimination in the previous five years due to race, ethnicity or culture.

PORTRAYAL IN THE MEDIA. Canadians were asked how often they believe their own racial group is portrayed accurately in Canadian media today. Not surprisingly, people who identify as white are the most positive in their responses, with close to half (46%) saying their group is portrayed accurately most of the time, compared with just one in six who believe this happens rarely (12%) or never (3%).

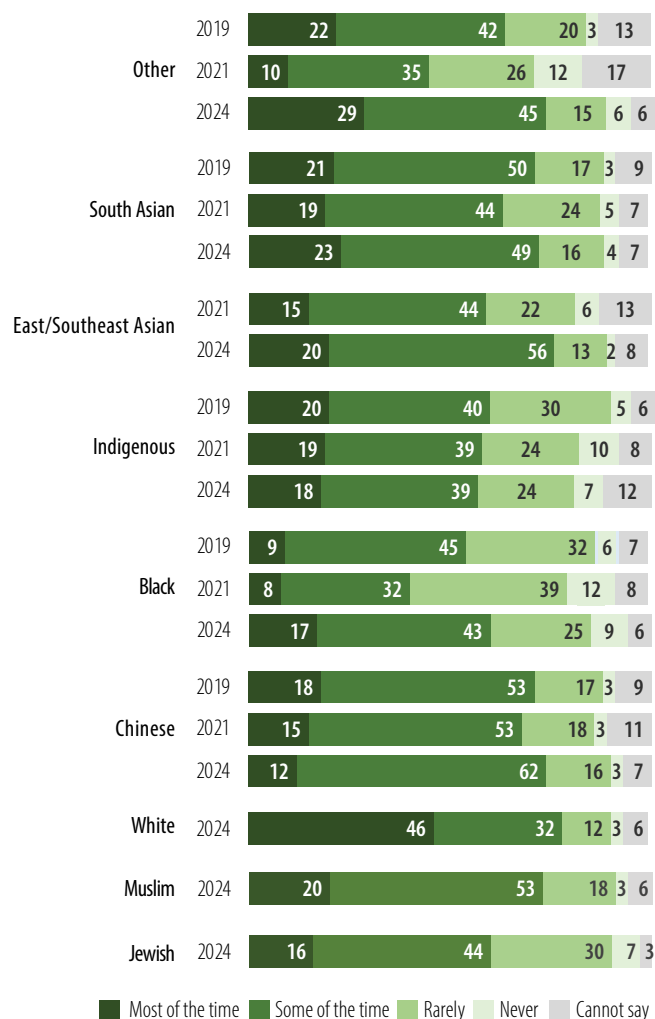
Canadians from racialized groups are considerably less complimentary of media coverage, although opinions have improved among some groups, noticeably those who are Black (17% say such coverage is accurate most of the time, up 9 points since 2021) and other racialized groups (29%, up 19); proportions that exceed those recorded in 2019.

Across all racialized groups, the proportion that say their group is rarely or never portrayed accurately in the media has declined since 2021, and in most cases is now lower than what was recorded in 2019.

In 2024, one in six (16%) Jews believe their community is accurately portrayed in the media most of the time, compared with those who say this happens some of the time (44%) or rarely (30%). Responses are somewhat more positive among Muslims about the frequency of accurate media portrayal of their community (20% often and 53% some of the time).

How often is your racial group accurately portrayed in the media?

% 2019 - 2024 By racial/ethnic/religious group responding



Q.20

Thinking about how your own ethnic or racial group is portrayed in the Canadian media today, would you say that your group is portrayed accurately...?

Witnessing discrimination against others due to race

Most racialized Canadians say they have witnessed racial discrimination of others from their own racial group, but this proportion is now a bit lower than in 2021. In contrast, white Canadians are least apt to report this type of experience, but are now more likely to do so than before.

TREATMENT OF OTHERS WHO ARE THE SAME RACE.

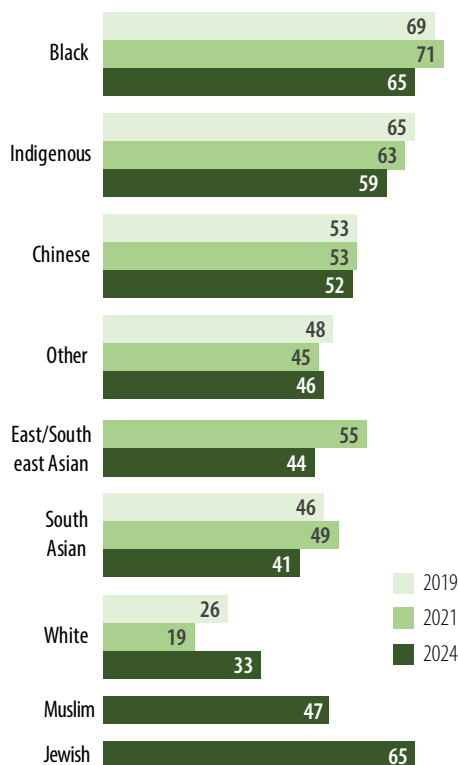
Canadians' perspectives about the extent of discrimination and racism are informed by what they have witnessed happening to others around them. Almost four in ten (38%) report having personally witnessed discrimination or unfair treatment of other people who are the same race as themselves, because of their race. This proportion has increased since three years ago (up 8 percentage points), following a decline between 2019 and 2021 (down 6). This reversing shift over the past five years is due primarily to changes in the perceptions of Canadians who identify as white; their perception of discrimination against other white people declined in 2021 possibly due to heightened attention directed at the mistreatment of racialized groups – most prominently Black and Indigenous people, but also Asian people as a result of the COVID-19 pandemic. Three years later, these events were no longer as current or as likely to influence public perceptions.

As before, racialized Canadians are much more likely than white people to report having witnessed discrimination of other people from their group, especially among those who are Black (65%), Indigenous (59%) or Chinese (52%). However, in contrast to the latest trend among white Canadians, racialized people are now less apt than in 2021 to report this type of indirect experience, with the decline most noticeable among those who are East or Southeast Asian (44%, down 11 points) or South Asian (41%, down 8).

As in previous years, younger Canadians are more likely than older ones to say they have witnessed racial discrimination of others from their own racial group, with the biggest increase since 2021 among those ages 30 to 44 (43%, up 15). The results do not vary noticeably by gender, educational attainment or adequacy of household income.

Witnessed discrimination of others of one's own group

% 2019 - 2024 By racial/ethnic/religious group responding



Q.21.

Have you personally witnessed discrimination or unfair treatment of other people who are the same race as you, because of their race?

In 2024, such experiences are most widely reported by Canadians who are Jewish (65%), followed by those who are Muslim (47%) or have a faith other than Christian (48%), and less so among those who are Christian (38%) or have no religion (34%).

TREATMENT OF OTHERS WHO ARE A DIFFERENT

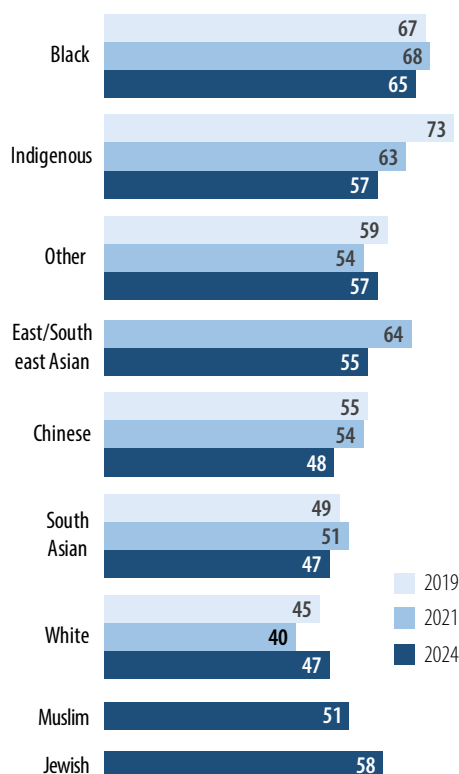
RACE. The survey also asked about witnessing unfair treatment of others who have a racial background different from their own. Close to half (48%) report this experience, which is a bit higher than in 2021 (up 3 points), reversing a previous decline (down 6).

As with witnessing treatment of one's own group, seeing this happen to people in other groups has increased primarily among white Canadians (47%, up 7 since 2021), while declining among most racialized groups. On this question, the gap between racialized and non-racialized Canadians is considerably smaller.

Witnessing discrimination against those of another race is, once again, most prevalent among those who are Black (65%, down 3), Indigenous (57%, down 6), Jewish (58%, first time asked), or East and Southeast Asian (55%, down 9). Younger Canadians are more likely than older ones to report witnessing mistreatment of people from a different racial group, and this age gap has widened considerably over the past three years.

Witnessed discrimination of others of a different group

% 2019 - 2024 By racial/ethnic/religious group responding



Q.22

And have you personally witnessed discrimination or unfair treatment of people with a different racial background as you, because of their race?

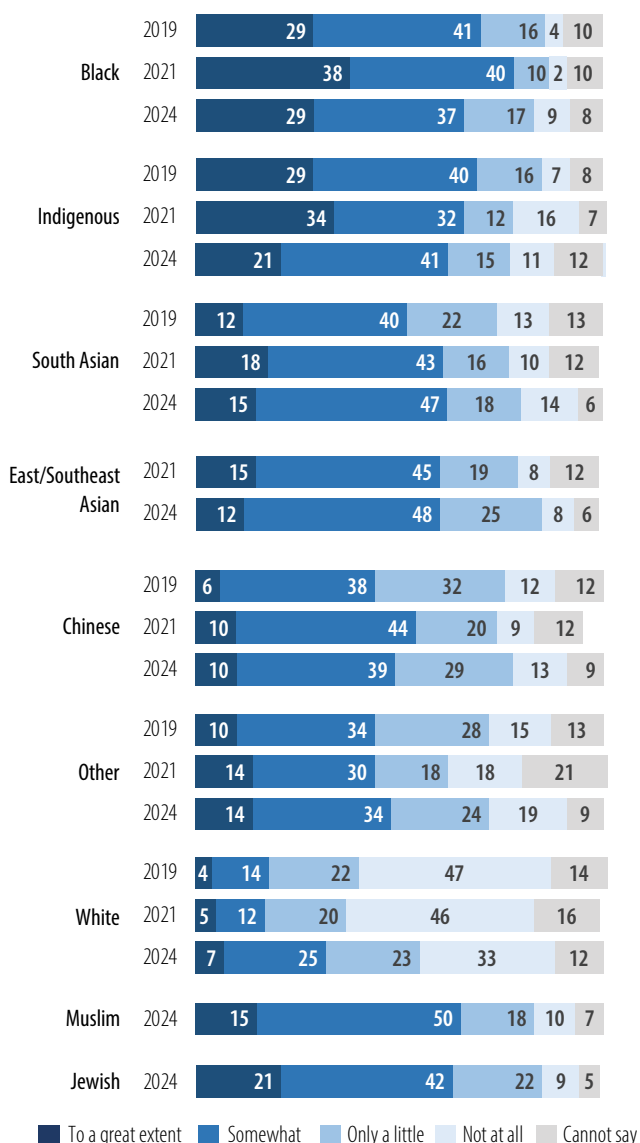
IMPACT OF RACISM ON PEOPLE YOU KNOW. Beyond witnessing discrimination against people in one's racial group, the survey also probed how Canadians believe such treatment is affecting people they are close to who share their racial background.

Overall, four in ten Canadians say racism is affecting people they know in their own ethnic or racial group to a great extent (10%) or somewhat (30%), up 10 percentage points from 2021 (entirely among those who say "somewhat"). As with the two previous questions in this section, it is racialized people who are most apt to report such impacts, but it is among those identifying as white where the increase from three years ago is most significant (32% affected to a great extent or somewhat, up 15 points). More than twice as many Black Canadians give the same response about other Black people they know (with 29% saying "to a great extent"), but this proportion is now lower than in 2021 (down 12 among those saying "to a great" or "some" extent).

Once again, the belief that others of one's racial or ethnic background are affected by discrimination at least somewhat is linked to age: it is twice as common among Canadians ages 18 to 29 (55%) as among those 65 plus (26%), although this perspective has increased across all age cohorts.

The perceived impact of racism on people one knows is also linked to religious faith. The view that others in their community are affected at least somewhat is most widely reported by Muslims (65%) and Jews (63%), compared with those who Christian (39%) or have no religious affiliation (35%).

Impact of racism on people of your group you are close to % 2019 - 2024 By racial/ethnic/religious group responding



Q.23

Thinking about people close to you who share your racial background, to what extent do you think their lives have been affected because of discrimination due to their race ...?



Personal experience with racial discrimination

The survey asked Canadians about their own personal experience with discrimination and unfair treatment due to their race and cultural background, in terms of its frequency, where it takes place and its impact on their well-being.

Personal experience with discrimination

Discrimination due to one's ethnicity, race or religion is commonly experienced in Canada – most widely among people who are Black or First Nations. Since 2021, such experiences are more likely to be reported by those who are white or First Nations, and less so among other racialized groups.

FREQUENCY OF RACIAL DISCRIMINATION. Canadians were asked about their own lifetime personal experience with discrimination or unfair treatment because of their race or ethnicity. For the population as a whole, just over half say this has happened to them at some point in their lives, similar to the levels recorded in both 2019 and 2021.

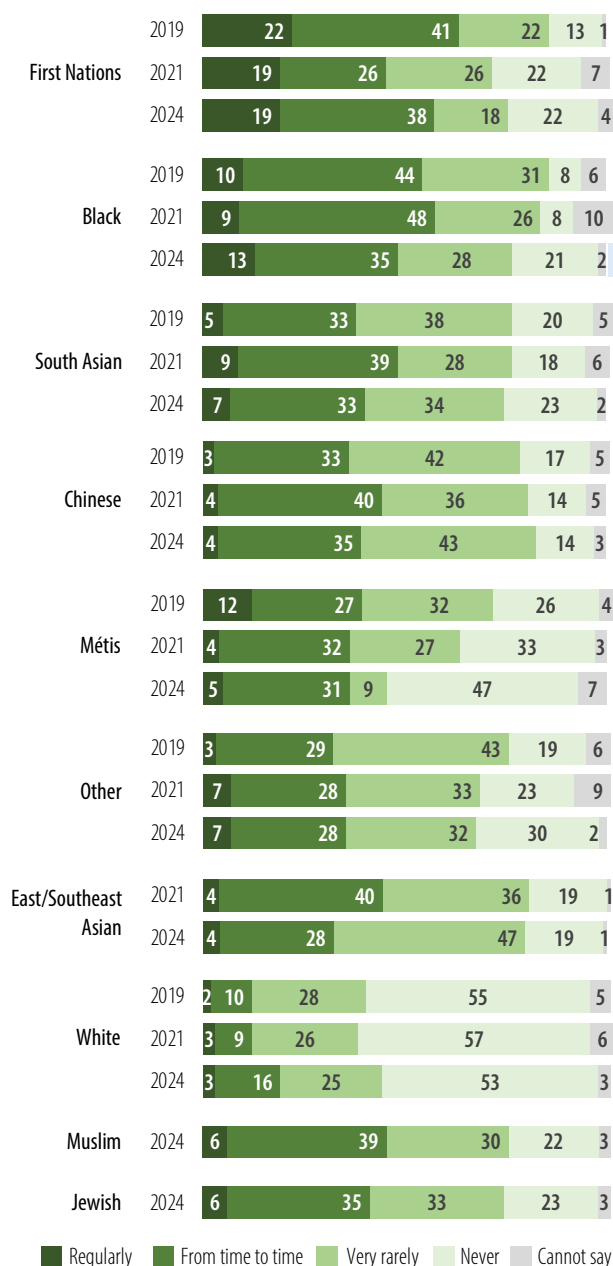
One in four report to have experienced this regularly (5%) or from time to time (21%), up five percentage points from 2021. Another quarter (27%) indicate it has taken place very rarely, while a plurality (45%) say it has never happened to them, both unchanged from 2021.

As in previous years, such discrimination happening regularly or from time to time is most widely reported by Canadians who are Black (48%) or First Nations (57%), followed by those who are South Asian (40%), Chinese (39%), East or Southeast Asian (32%), or other racialized groups (35%).

What is notable is how these proportions have changed since 2021. The overall rise in reports of frequent (regularly or from time to time) discrimination is due primarily to experiences reported by those who identify as white (19%, up 7 points), as well as among those who are First Nations (up 12).

Personal experience with discrimination due to one's race/ethnicity

% 2019 - 2024 By racial/ethnic/religious group responding



Q.24

Now thinking about your own experience. Have you ever personally experienced discrimination or been treated unfairly because of your race or ethnicity? If so, has this been ...?

In contrast, such experiences are now less commonly reported by Black Canadians (48%, down 9 since 2021, although the percentage who say it happens regularly has increased from 9% to 13%). Ongoing discrimination is also now less apt to be reported by those who are South Asian (down 8), Chinese (down 5), or East or Southeast Asian (down 12), in each case reversing a rise between 2019 and 2021; the latter year coincides with the anti-Asian sentiment sparked by the COVID-19 pandemic.

Across the population, ongoing experience with racial discrimination is more commonly reported among

Canadians under 45 years of age (34% frequently or from time to time) and this response has increased most significantly since 2021 among those ages 30 to 44 (up 12) and those without a high school diploma (36%, up 18). Men (28%) are marginally more likely than women (23%) to report such experiences.

In 2024, lifetime experiences of frequent discrimination are most commonly reported by Canadians who are Muslim (45%), Jewish (41%) or of a non-Christian religion (37%), compared with those who are Christian (24%) or not religious (21%).

IN WHAT SETTINGS DOES DISCRIMINATION

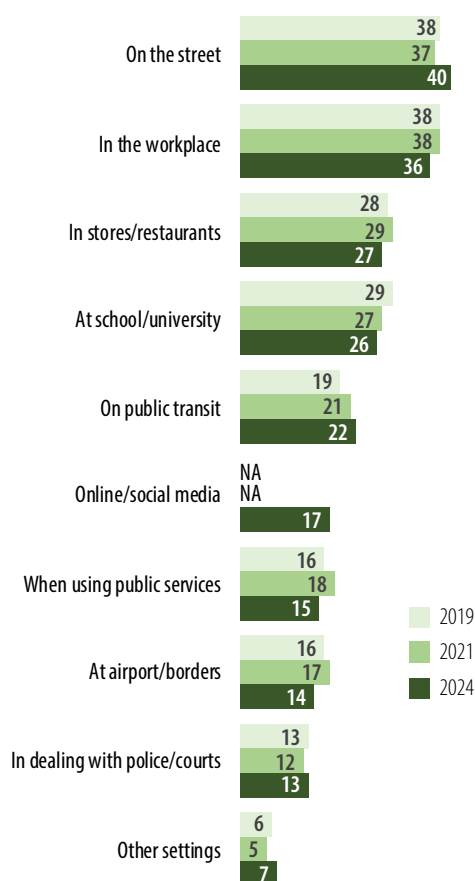
TAKE PLACE? Those who report any experience with discrimination due to race or ethnicity were asked to specify in which of nine settings this has taken place.

As in previous years, those settings most commonly identified include experiences on the street (40%), in the workplace (36%), in stores and restaurants (27%), at school or university (26%), on public transit (22%) and online/through social media (17%).²⁰ For the population as a whole, the results are largely unchanged from three years ago.

As before, mention of settings varies across racial groups. Black and Indigenous individuals are most likely to report such experiences across a number of settings, such as in stores and restaurants, at school and university, or on public transit – although the proportions are stable or lower in most cases since 2021. Chinese people are the most likely to say they have experienced unfair treatment on the street (60%, up 6 points since 2021), but are now less apt to report such mistreatment in other settings. Jewish people are among the most likely to report negative treatment online/through social media (38%), as well as at school or university (37%), but less so than others in most other settings. The experience of Muslim Canadians is comparable to the population-at-large, except for being more likely to encounter issues at airports and borders (23%).

In what settings have you experienced racial discrimination?

% 2019 - 2024 Those experiencing discrimination



Q.25

In what settings have you experienced discrimination or been unfairly treated because of your race or ethnicity...?

²⁰ Online/social media was added to the list of settings in 2024.

DAY-TO-DAY EXPERIENCES OF RACIAL

DISCRIMINATION. Racial discrimination takes many forms and can often involve subtle slights or insensitive treatment in day-to-day life (sometimes are described as “micro-aggressions”). The survey reveals that many Canadians, especially those who are Indigenous or Black, experience such treatment.

Survey participants who report having experienced discrimination or unfair treatment in the past 12 months were asked how often this included each of six types of micro-aggressions. Across this population, Canadians are most likely to say that, in the past year, they have regularly or from time to time had other people act as if they were not smart (50%), others acted as if suspicious of them (37%), they

were ignored, overlooked or not given service in a restaurant or store (35%), or were treated differently by an employer (e.g., in terms of hiring, pay or promotions) (34%). Somewhat fewer say they experienced being mistaken for someone who serves others (27%) or unfairly stopped by the police (21%).

Such micro-aggressions are most commonly reported by Indigenous Peoples: Half or more say each of these six experiences happened to them in the past 12 months regularly or from time to time, especially in terms of others not treating them as smart (76%) and treating them with suspicion (67%). These forms of everyday racism are also a common experience for Black Canadians, also most notably in terms of not being treated as smart or treated with suspicion by others.

Day-to-day experience in past 12 months due to race or ethnicity*

% 2024 Experienced regularly or from time to time, by group responding

% By group responding	TOTAL	White	Chinese	South Asian	Indigenous	Black	Other	East/SE Asian	Muslim	Jewish
Others treated you as not smart	50	46	45	49	76	66	55	56	57	33
Others acted as if suspicious of you	37	21	38	43	67	67	40	41	36	33
Ignored, overlooked or not given service in restaurant/store	35	30	37	40	57	46	41	39	42	26
Treated differently by employer (hiring, pay, promotion)	34	30	38	37	56	43	37	40	36	23
Mistaken for someone who serves others	27	23	33	26	50	39	34	44	37	11
Unfairly stopped by police	21	16	19	21	56	39	30	23	34	13

* Among those reporting discrimination/unfair treatment in past 12 months

Q.28

Please indicate how often, if at all, each of the following has happened to you in the past 12 months because of your race or ethnicity.

Reasons for discrimination

Canadians attribute experiences of discrimination in the past year to various aspects of their identity or personal characteristics. Black and First Nations people are the most likely to say that this is because of their ethnic or racial background, physical appearance and/or skin colour.

The survey asked participants whether they had experienced discrimination or been treated unfairly in the past 12 months because of each of eight aspects of their identity or personal characteristics.

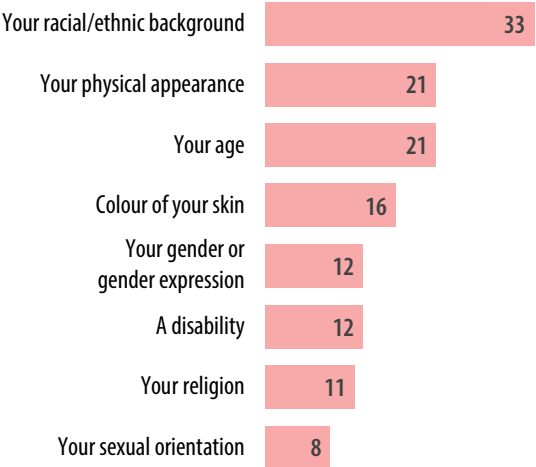
Across the population, Canadians most commonly report experiencing discrimination in the past year because of their racial or ethnic background (33%), their physical appearance (21%), their age (21%) or the colour of their skin (16%).²¹ People are less apt to report incidents of discrimination or mistreatment due to their gender or gender expression (12%), a disability (12%), their religion (11%) or their sexual orientation (8%).

As would be expected, discrimination due to one’s ethnic/racial background, physical appearance or skin colour are most commonly reported by those who are Black or First Nations, although this is by no means uncommon among other racialized Canadians. Mistreatment due to one’s religion is most apt to be experienced by Muslims (34%) and Jews (39%), and to a lesser extent among those whose faith is other than Christian or Muslim (21%), as well as South Asians (23%) (most of whom identify as Hindu, Muslim or Sikh).

One in ten (9%) survey participants identified a sexual orientation other than heterosexual. This group is most likely to report having experienced discrimination in the past year due to their sexual orientation (38% versus 5% of heterosexuals), or their gender or gender expression (29% versus 10%).

Experienced discrimination in past year for the following reasons

% 2024



Q.27

In the past 12 months, have you experienced discrimination or been treated unfairly because of any of the following reasons?

²¹ The question asking about past year discrimination due to racial or ethnic background was only asked of survey participants who previously reported having ever experienced discrimination due to one’s race or ethnicity (Q.24).

Reasons for discrimination in past 12 months

% 2024 Among those experiencing discrimination By group responding

REASON	White	Chinese	South Asian	East/SE Asian	First Nations	Métis	Black	Other	Muslim	Jewish
Your racial/ethnic background	25	37	44	40	58	37	59	47	38	33
Your physical appearance	19	16	26	25	37	17	35	33	25	14
Your age	21	14	16	17	25	17	18	27	23	18
Colour of your skin	10	21	35	21	36	19	54	20	27	8
Your gender/gender expression	12	7	11	13	17	11	11	18	12	10
A disability	13	4	9	9	17	13	7	14	11	11
Your religion	8	6	23	10	15	11	16	21	34	39
Your sexual orientation	8	3	6	10	18	6	8	12	8	5
Average number of reasons	1.0	1.0	1.6	1.4	2.1	1.1	1.9	1.9	1.7	1.4

Q.27

In the past 12 months, have you experienced discrimination or been treated unfairly because of any of the following reasons?

Personal impacts of discrimination

Canadians who experience racial discrimination are affected to different degrees; some are bothered quite a lot and others not at all. Such impact is most noticeable among Jews and Indigenous Peoples. One in three Canadians say they downplay their race or culture at least some of the time.

HOW MUCH RACIAL DISCRIMINATION BOTHERS YOU.

What impact does discrimination and unfair treatment have on one's well-being? Those who report such experiences were asked the extent to which this has bothered them, and the results show that – as in previous surveys – it is not the same for everyone. More than four in ten Canadians say their experiences with racial discrimination have bothered them a lot (16%) or somewhat (28%), while the remainder indicate it has bothered them a little (42%) or not at all (12%).

The extent of impact varies somewhat across groups, although not to the same degree as the reported experience with racial discrimination. Being “bothered a lot” by unfair treatment due to race, ethnicity or religion is most widely felt by Jews (32%), followed by people who are Indigenous (26%) or Black (20%), compared with those who are East or Southeast Asian (15%), South Asian (14%), Chinese (14%), another racialized group (15%) or Muslim (13%).

This type of significant impact is somewhat less likely to be reported than in 2021 (except among Indigenous Peoples where the percentage is up marginally). At the same time, fewer Canadians in each racialized group say such discrimination doesn't bother them at all.

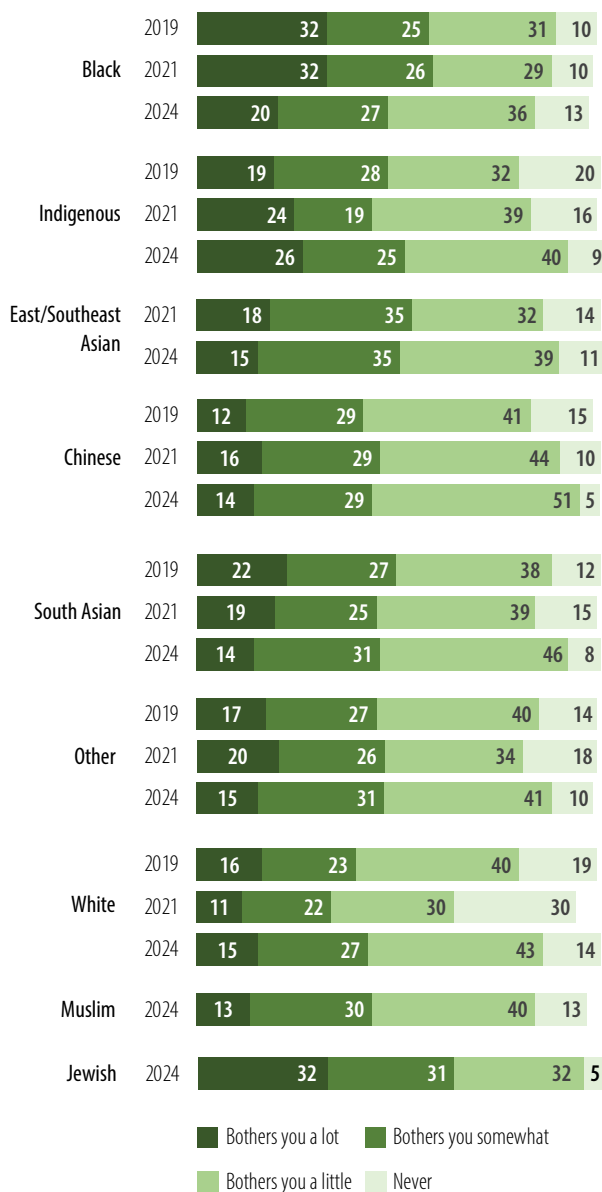
White Canadians are least apt to report being bothered by whatever discrimination they may have experienced due to their race and culture. But this group is now more likely than three years ago to say this has bothered them, whether a lot (15%, up 4), somewhat (27%, up 5) or just a little (43%, up 13%).

As in previous years, reports of being bothered a lot by racial discrimination is more evident among women (19% versus 14% of men) and Canadians with precarious incomes (23%). This level of personal impact is least apt to be experienced by those 65 plus (12%) or who do not have a high school diploma (12%)

As might be expected, the personal toll of racism is more keenly felt by those who experience it on a regular basis:

How much your experience with racial discrimination has bothered you

% 2019 - 2024 Those experiencing discrimination
By racial/ethnic/religious group responding



Q.29

Thinking about the experiences of discrimination and unfair treatment you mentioned, overall how much have they bothered you ...?

Being bothered a lot is most commonly reported by those who say they experience racial discrimination on a regular basis (34%), in comparison with those for whom this takes place from time to time (20%) or very rarely (8%).

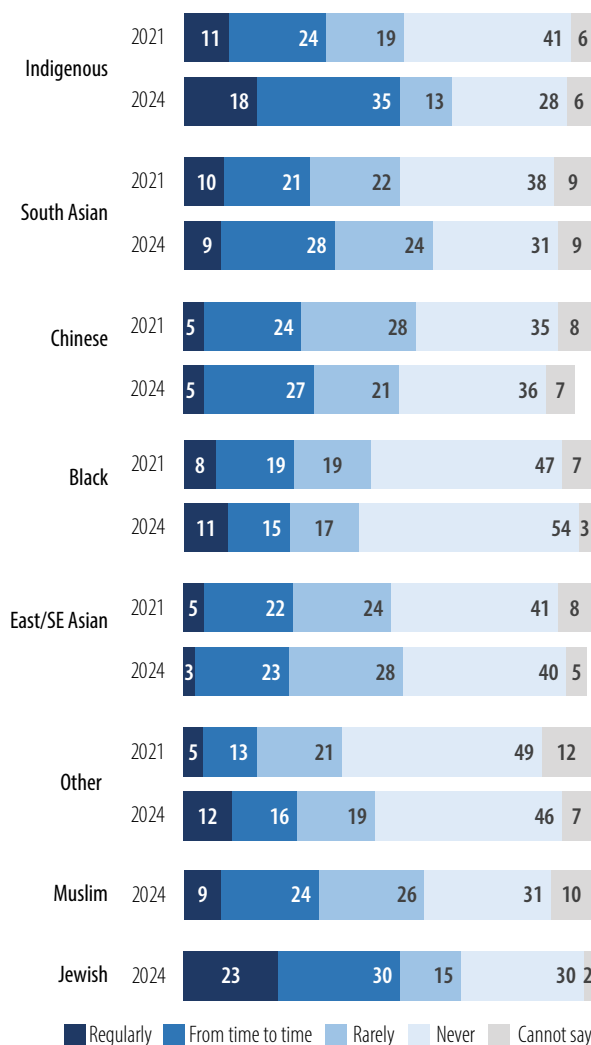
DOWNPLAYING ONE’S RACE OR CULTURE. Canadians who do not identify as white were asked how often, if at all, they consciously downplay being someone of their race or cultural group. Across all racialized groups, one in three say they do so regularly (9%) or from time to time (24%), with the remainder indicating they do this very rarely (22%) or not at all (38%).

Downplaying one’s race or culture at least from time to time is most commonly reported by Jews (53%) and Indigenous Peoples (53%, especially those who are Métis, with 25% saying they do this often), with this practice having increased among this group significantly since 2021. This practice is also now a bit more commonly reported by Canadians who are South Asian or of another racialized group.

Across groups, the likelihood of regularly downplaying one’s ethnic or racial background is greatest among Canadians who have experienced racial discrimination on a regular basis (29%), compared with those for whom this has happened from time to time (11%) or very rarely (5%).

How often do you consciously downplay your race/culture?

% 2021 - 2024 By racial/ethnic/religious group responding



Q.51

How often, if at all, do you consciously downplay being someone who is [YOUR SELF-IDENTIFIED GROUP]...?



Health, well-being and racism

In 2021, the research explored the impacts of the then-current COVID-19 pandemic on Canadians, and how this may have compared across people with different ethnic and racial backgrounds. The current survey updates this work to identify how health, wellness and race may be linked in this current post-pandemic period.

Health and wellness

Canadians' self-reported general health, mental health and overall life satisfaction have remained stable since 2021 for the population as a whole, and among most ethnic and racial groups. Health and life satisfaction are not measurably lower among people reporting racial discrimination.

The COVID-19 pandemic infected a significant proportion of the Canadian (and global) population, with many deaths and many more who survived, but with debilitating symptoms that have lasted for years. In 2024, the pandemic is effectively over and incidence rates in the population remain low.

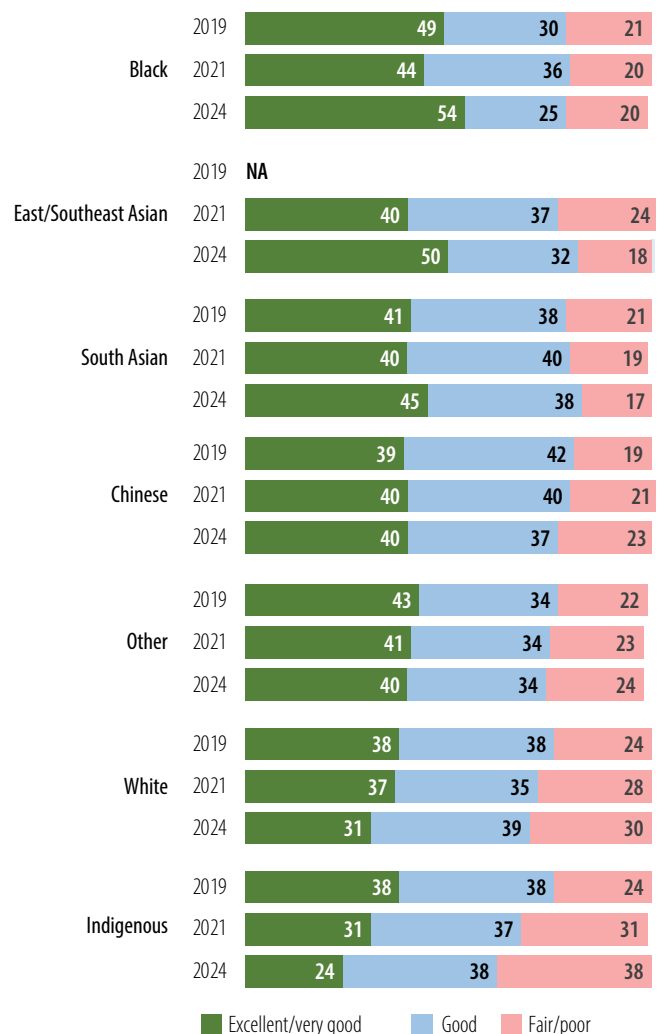
How are Canadians now faring in terms of their health and well-being, and how does this compare among people with different ethnic and racial backgrounds? This is addressed through a handful of widely used standardized indicators for health and well-being.

GENERAL HEALTH. One in three Canadians report their general health to be excellent (7%) or very good (27%), with another 38 percent describing it as good, and close to three in ten indicating it to be fair (22%) or poor (6%). This reflects a small decrease in overall health status for the population (a 2-point shift from positive to negative ratings), which echoes a similar decline recorded between 2019 and 2021.

Among ethnic and racial groups, Black Canadians continue to be most likely to say their health is excellent or very good (54%), and their self-assessment as a group has improved since 2021, rebounding back to the levels recorded in 2019. Health ratings have also improved over the past three years among those who are East or Southeast Asian (50%, up 10)

General health status

% 2019 - 2024 By racial group responding



Q.2a

In general, would you say your **health** is excellent, very good, good, fair or poor?

or South Asian (45%, up 5), while remaining stable among those who are Chinese (40%) or another racial group (40%). General health ratings have declined since 2021 among Canadians who are white (31%, down 6) or Indigenous (24%, down 7), with the most significant decline among Métis (16%, down 12); in both cases, this continues a modest downward trajectory since 2019. General health status reported in 2024 is above the national average for both Jewish (45%) and Muslim (43%) Canadians.

Across the population, self-assessed general health has improved since 2021 among Quebecers (30% say excellent or very good, up 4 points), Canadians 18 to 29 (44%, up 5) and newcomers to Canada (49%, up 4). In contrast, this rating is now lower among residents of Alberta (31%, down 11) and Atlantic Canada (30%, down 9), as well as among Canadians ages 65 plus (28%, down 12). As on past surveys, positive health ratings improve along with educational attainment and household income, although these gaps have narrowed a bit over the past three years. Notably (as in 2021), self-reported general health is no different among Canadians experiencing racial discrimination and those who have not.

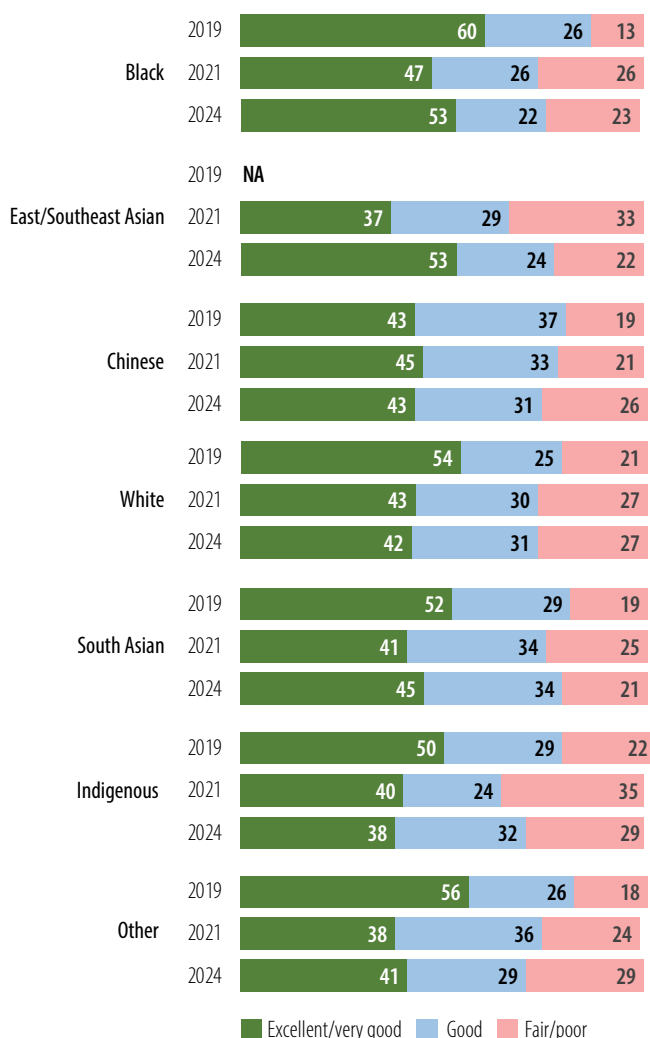
MENTAL HEALTH. Just over four in ten Canadians report their mental health to be excellent (17%) or very good (27%), compared with one in four who say it is fair (18%) or poor (9%); these results are essentially unchanged since 2021, following a decline over the previous two years that was most certainly due to the COVID-19 pandemic underway at the time.

Across the population, mental health ratings have improved somewhat since 2021 among Quebecers (49% say excellent or very good, up 7 points) and Canadians ages 18 to 29 (34%, up 9), as well as those who identify as East or Southeast Asian (53%, up 16), Black (53%, up 6), South Asian (45%, up 4) or First Nations (42%, up 5). By comparison, such ratings are now lower among Atlantic Canadians (41%, down 9) and Métis (35%, down 8). In 2024, mental health is reported as excellent or very good by close to half of both Jews (47%) and Muslims (45%).

In comparison with general health, mental health varies less by educational attainment, but household income continues to be a major factor: Excellent or very good ratings of mental health are reported by a majority (56%) of Canadians with fully adequate incomes, compared with half as many (27%) among those who are struggling financially.

Mental health status

% 2019 - 2024 By racial group responding



Q.2b

In general, would you say your **mental health** is excellent, very good, good, fair or poor?

LIFE SATISFACTION. The survey measured overall life satisfaction, using a standard benchmark indicator used by Statistics Canada and others. The question asks survey participants to indicate their overall life satisfaction on a scale from “1” (very dissatisfied) to “10” (very satisfied). The responses are then grouped into categories of high (9 - 10), medium (6 - 8) and low (1 - 5) life satisfaction.

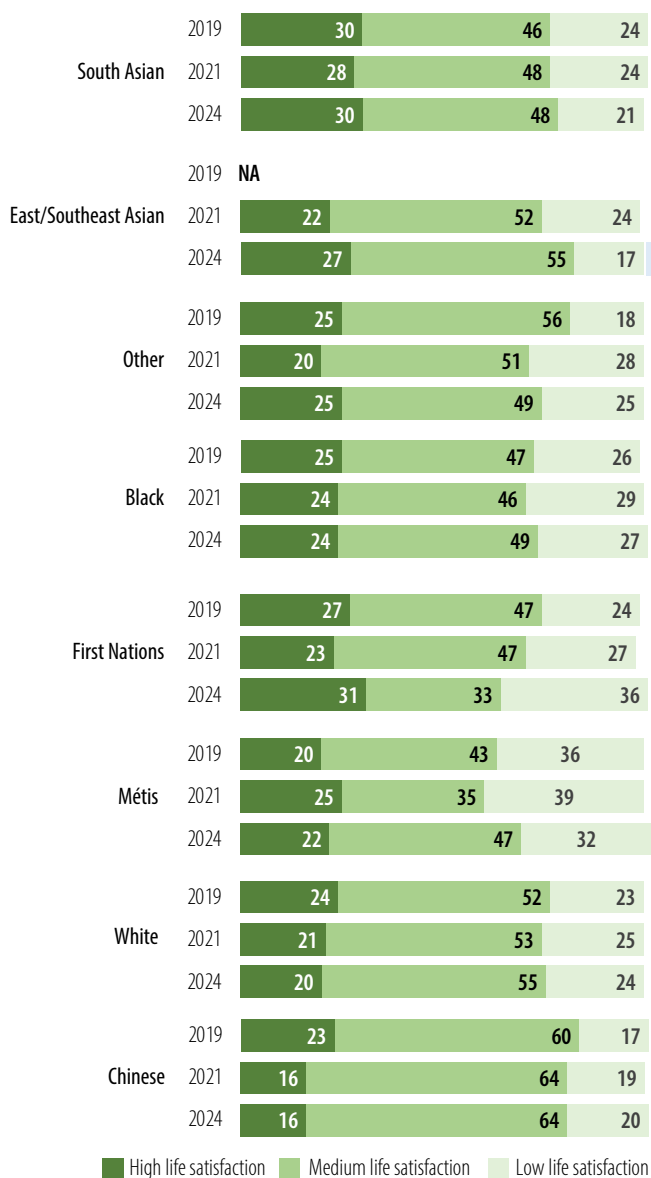
For the population as a whole, life satisfaction has held steady since 2021, following a marginal decline during the pandemic. One in five (22%) fall into the high life satisfaction group, with 54 percent in the middle, and one in four (23%) in the low life satisfaction group. As with mental health, life satisfaction increases with age, educational attainment and household income adequacy, with these gaps shrinking marginally since 2021.

Life satisfaction has changed little over the past three years among most racial and ethnic groups. High satisfaction ratings have improved somewhat among those who are East or Southeast Asian, First Nations or other racialized groups.

High satisfaction levels are most widely reported by South Asians (30%) and Muslims (36%), and least so by Chinese people (16%). First Nations people stand out being among the most likely to have either high (31%) or low (36%) life satisfaction. Low life satisfaction is marginally more evident among Canadians who have experienced racial discrimination regularly or from time to time (26%) than among those who have not (22%), but is noticeably more evident among those who have experienced a hate incident in the past year (32%). Ratings given by Jewish people are comparable to the general population; they are somewhat more likely than other Canadians to describe their quality of life in the medium range (62%) and less likely to say it is low (16%).

Overall life satisfaction

% 2019 - 2024 By racial group responding



Q.1

Using a scale of 1 to 10, where 1 means “Very dissatisfied” and 10 means “Very satisfied”, how satisfied are you with your life as a whole right now?

Access to health care

Canadians' access to health care over the past year has edged down marginally since 2021, but there has been a more significant loss of confidence in getting needed care in the future. Recent experience and confidence in the future do not vary noticeably by ethnic or racial background.

ACCESS TO HEALTH CARE SERVICES OVER PREVIOUS 12 MONTHS.

The COVID-19 pandemic is now mostly in the past, but its impacts on the country's health care system continue to be felt. An increasing number of Canadians do not have access to a family doctor; and key resources like emergency rooms and ambulance services are struggling to keep up with demand. How are Canadians managing, and how does this vary across ethnic and racialized groups? The survey asked Canadians how frequently they were able to get the health care services and treatments needed by themselves and their families over the previous 12 months.

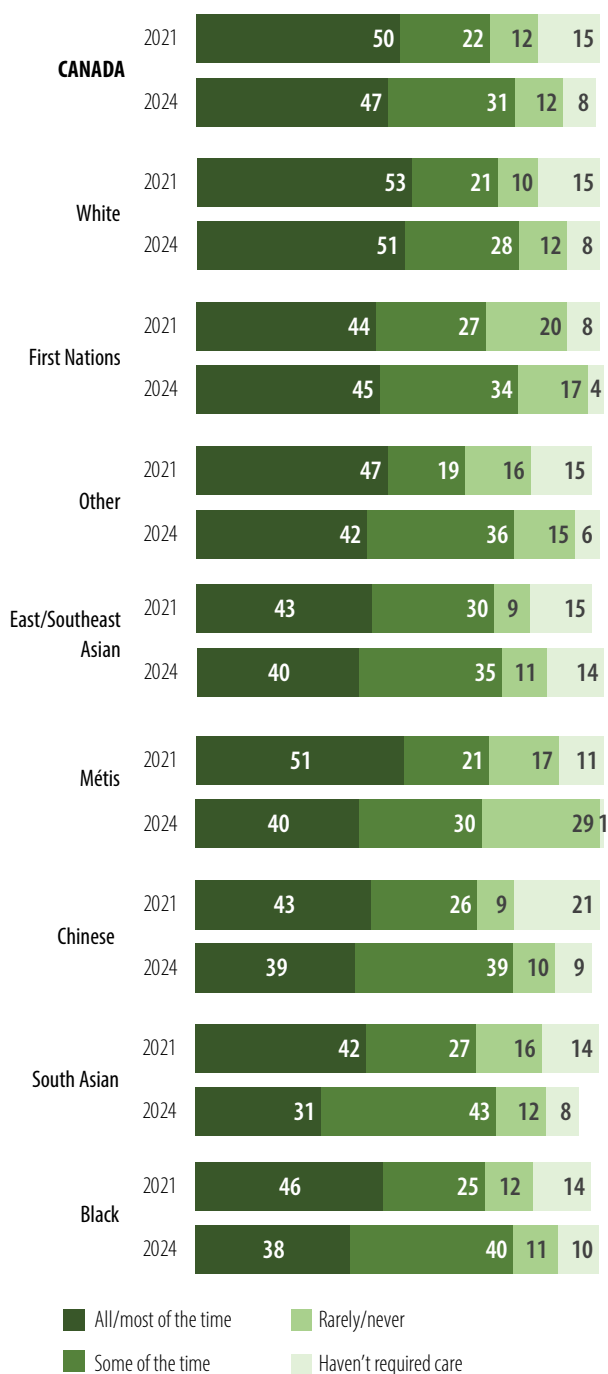
Fewer than half (47%) of those surveyed say they received the care or treatment needed all or most of the time, down from 50 percent who reported this experience in 2021. An increasing proportion report receiving such care some of the time (31%, up 9 points), while one in ten continue to say this happened rarely (10%) or never (2%) (unchanged). Also different in 2024 is fewer Canadians saying they did not require any health care in the past 12 months (8%, down 7), despite the pandemic now being largely in the past.

As was the case in 2021, access to needed care varies most significantly by age: Receiving needed care and services all or most of the time is reported by two-thirds (65%) of Canadians ages 65 plus and those with fully adequate incomes (58%), with both groups marginally more likely to enjoy this access compared to three years ago. Since 2021, the decline in receiving needed health care is most noticeable in Western Canada, while showing improvement in Quebec and among newcomers to Canada.

Responses to this question differ less significantly across racial and ethnic groups. All identifiable groups report a shift in experience from receiving needed care most to only some of the time, although this is most evident among those who are South Asian, Black or another racialized group. Relatively few in any group say they received needed care only rarely or never, except in the case of Métis people, where experiences are significantly worse than

Able to access needed health care services

% 2021 - 2024 By racial group responding



Q.3

Thinking about you and your family's need for health care services and treatment over the past 12 months, how often were you able to get the care or services you needed, when you needed it ...?

three years ago (29%, up 12 points). In 2024, reliable access to health care is above average for Jews (54%) and much less so for Muslims (31%).

Across the population, access to needed health care over the past year is noticeably less common for people who have experienced racial discrimination regularly or from time to time (34%), who are now less likely to report this since 2021 (down 9 points).

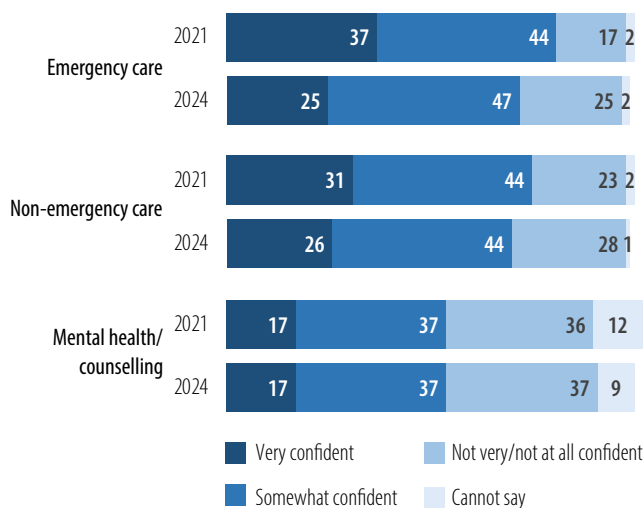
CONFIDENCE IN FUTURE ACCESS TO NEEDED HEALTH CARE. Looking ahead, how confident are Canadians that they and their family can get the health care services and treatments they might need? The survey posed this question with reference to three types of services. Only one in four Canadians say they are very confident getting needed **emergency care** at a hospital (25%), or **non-emergency care** at a family doctor or health clinic (26%), with a comparable proportion indicating they are not very or not at all confident (25% and 28%, respectively). This marks a decline in confidence in both types of care since 2021.

One in six (17%) express strong confidence in getting needed **mental health counselling**, compared with twice as many who have little or no such confidence (37%); these proportions are essentially unchanged from three years ago.

Confidence in future access to needed emergency and non-emergency care has declined in all regions except Ontario (where it remains unchanged since 2021), and continues to be highest in Alberta and lowest in Atlantic Canada.

As with experience with accessing needed health care over the previous year, confidence in future access is most closely associated with adequacy of household income, but confidence in future emergency and non-emergency care has diminished, regardless of financial security.

Confidence in future access to needed health care services
% 2021 - 2024



Q.4a-c

Thinking now about today, how confident are you that you and your family could get the health care services and treatment you might need, in terms of: a. emergency care at a hospital (e.g. for injuries, heart disease, cancer treatment); b. non-emergency care from a family doctor or health clinic; c. mental health counselling?

Confidence in future non-emergency care has also diminished among identifiable ethnic and racial groups, except those who identify as East or Southeast Asian, or another racialized group. Strong confidence is most widely expressed by Canadians who are Black (34%), or East or Southeast Asian (32%), and least so among those who are Chinese (18%).

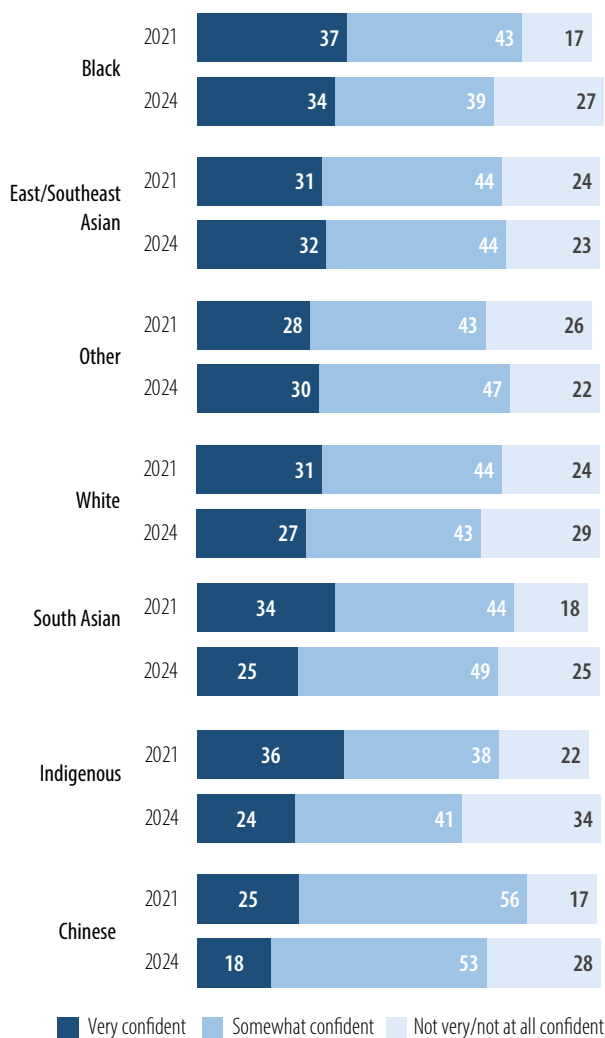
Confidence in needed mental health counselling has strengthened over the past three years among those who are East or Southeast Asian, First Nations or another racial group, while declining among those who are Métis or Chinese, with fewer than one in ten now saying they are very confident in obtaining the care they or family members might need in the future.

In 2024, confidence in future access to all three types of health care services is greater than the national average for both Jews and Muslims, notably so for Jews in terms of non-emergency care (36% very confident) and for Muslims when it comes to mental health counselling (32%).

Across the population, confidence in access to these types of health care services in the future is not clearly linked to personal experience with racism. Canadians who say they regularly experience such discrimination are actually among the most likely to express strong confidence in the health care system.

Confidence in future access to non-emergency health care services

% 2021 - 2024 By racial group responding



Q.4b

Thinking now about today, how confident are you that you and your family could get the health care services and treatment you might need, in terms of non-emergency care from a family doctor or health clinic?:



Local policing

The murder of George Floyd by a Minneapolis police officer in May 2020 brought new scrutiny to how police operate in both Canada and the USA, and in particular their treatment of racialized communities. There is extensive evidence of police mistreatment of Canadians, especially those who are Indigenous and Black, with several high-profile cases occurring every year. The impact of these events was clearly reflected in the 2021 research, and the current survey looks at how opinions have changed (or not) over the past three years.

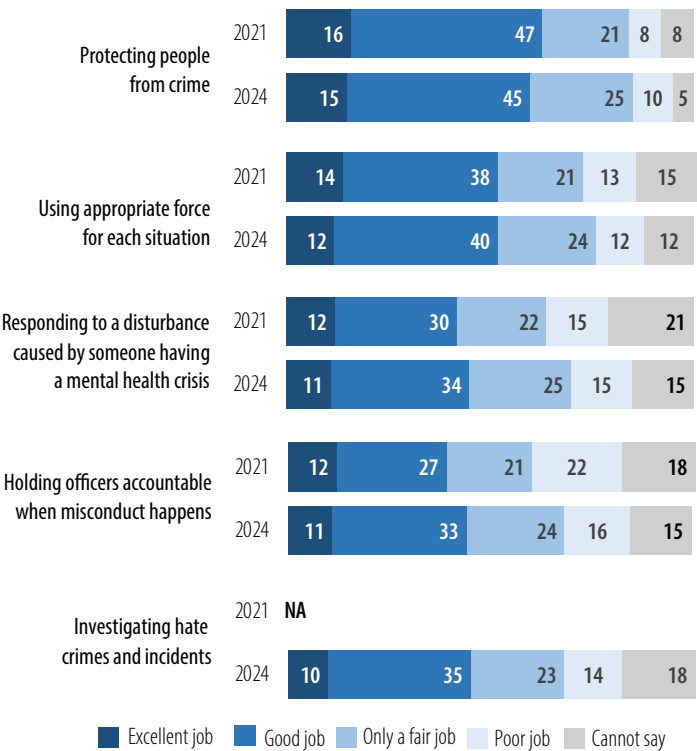
Local police performance

Canadians are more positive than negative about the job being done by their local police across a number of dimensions. Ratings given by racialized people have improved over the past three years, especially among those who are Black, East or Southeast Asian, or First Nations.

CURRENT POLICE PERFORMANCE IN PROTECTING THE BROADER COMMUNITY. The survey asked Canadians how they would rate the performance of their local police force on each of six dimensions, five of them focusing on the broader community and one specifically about how the police treat people in one's own racialized community (see next section). Five of these dimensions were repeated from the 2021 survey and, for the population as a whole, there has been little change from three years ago.

The public overall is most positive about how local police are *protecting people from crime* (60% say excellent or good, versus 35% who say only fair or poor), but excellent or good ratings are down three percentage points since 2021.

Performance of local police force
% 2021 - 2024



Q.56a-f
How would you rate the job police in your own community are doing when it comes to each of the following ...?

Canadians are somewhat less positive about how their local police are *using appropriate force for each situation* (52% excellent or good, versus 36% only fair or poor; essentially no change), *responding to a disturbance caused by someone having a mental health crisis* (45%, versus 40%; up 3 points on both the positive and negative responses), and *holding officers accountable when misconduct happens* (44%, versus 40%, with positive ratings up 5). Notably, in each case, more than one in ten cannot offer an opinion about their local police performance, although these percentages are marginally smaller than in 2021.

More than four in ten Canadians rate their local police as doing an excellent (10%) or good (35%) job of *investigating hate crimes and hate incidents*, compared with over one-third who believe they do an only fair (23%) or poor (14%) job on this dimension of public safety; another one in five (18%) do not provide a response.

As in 2021, there are considerable differences in ratings across ethnic and racial groups, but since then there have been significant increases in positive ratings among racialized groups, notably those who are Black, East or

Southeast Asian, First Nations or another racialized group. Those who identify as Chinese are less apt than other groups to rate local police performance as excellent or good.²²

In the area of protecting people from crime, ratings have declined among people who identify as white, but improved significantly among those who are Black, East or Southeast Asian, First Nations or another racialized group, largely reducing a gap in perspective across all groups. The most positive assessment is now given by Canadians who are Muslim (70% excellent or good performance), with this view least apt to be shared by those who are Chinese (50%). Jewish Canadians are among the least likely to say their local police are doing an excellent or good job in terms of protecting people from crime and investigating hate crimes and incidents.

In terms of investigating hate crimes and hate incidents (new in 2024), local police are most likely to be seen as doing an excellent or good job by Canadians who are South Asian (51%) or Muslim (54%), and least so among those who are Chinese (37%).

Performance of local police force

% 2021 - 2024 Excellent/good, by group responding

	White		Chinese		South Asian		East/SE Asian		Black		First Nations		Métis		Other		Muslim	Jewish
	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2024	2024
Protecting people from crime	66	60	51	50	63	65	57	64	47	64	48	60	58	50	50	62	70	49
Using appropriate force for each situation	55	54	46	46	49	50	27	45	37	39	53	28	53	28	40	49	46	42
Responding to a disturbance caused by someone having a mental health crisis	28	46	35	39	44	50	34	51	44	43	28	35	47	19	38	45	54	36
Holding officers accountable when misconduct occurs	41	44	30	35	42	49	35	49	24	42	36	44	43	25	32	43	53	35
Investigating hate crimes and incidents	–	45	–	37	–	51	–	48	–	42	–	42	–	29	–	41	54	39

Q.56a-f

How would you rate the job police in your own community are doing when it comes to each of the following...?

²² Results for the Métis sample in 2024 show a sharp spike in “cannot say” responses across all of the items about local police performance, which reduces the percentages who give both positive and negative ratings. Because the meaning of this change from 2021 is unclear, no conclusions about Métis opinion on this topic can be drawn.

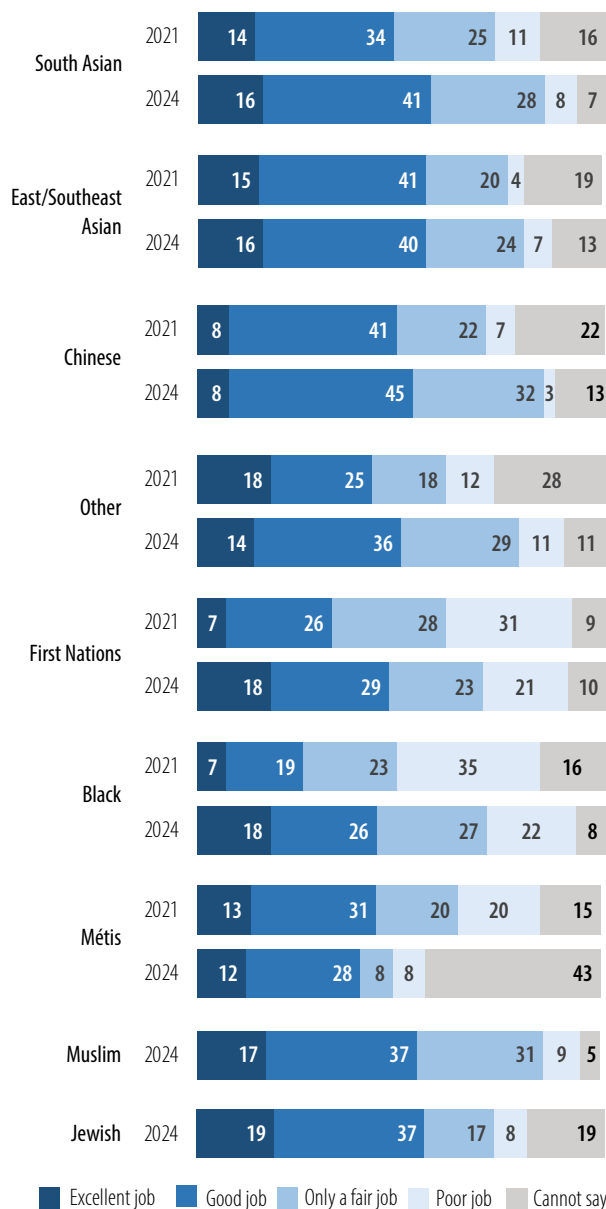
CURRENT POLICE PERFORMANCE IN TREATING ETHNIC AND RACIAL GROUPS.

How do racialized Canadians believe local police treat people from their own ethnic or racial group?²³ As a whole, just over half say they do an excellent (15%) or good (37%) job, compared with just over one-third who consider it to be only fair (26%) or poor (10%), with another 12 percent not offering an opinion.

This assessment reflects clear improvement since 2021 among most groups, especially among those who are Black (44%, up 18 points) or First Nations (47%, up 14), although they continue to be among the least likely to rate local police performance treatment of their group as excellent or good. Positive ratings are most commonly given by those who are South Asian (57%), East or Southeast Asian (56%), Muslim (54%) or Jewish (56%).

Performance of local police force in treating people in your ethnic/racial/religious group

% 2021 - 2024 By group responding



Q.56b

How would you rate the job police in your own community are doing when it comes to treating people who are [YOUR ETHNIC/RACIAL/RELIGIOUS GROUP]?

²³ This question was not posed to white participants in 2024.

How much do local police need to change?

Canadians are more likely to say that local policing needs to improve incrementally rather than undergo fundamental change. This view has strengthened across the population since 2021, especially among those who are Indigenous, South Asian, or East or Southeast Asian.

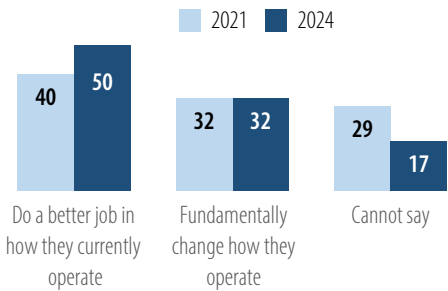
Issues around police conduct and mistreatment of racialized people have in recent years led to calls for significant change in how policing is performed, in some cases “defunding” police budgets or shifting resources to other types of community supports (e.g., to respond to mental health crises). The survey addressed the issue through a general question (also asked in 2021) aimed at gauging Canadians’ opinion about whether they believe significant changes of some sort are called for. Specifically, survey participants were asked if, in order to properly serve the people in their community, the police in their local area either need to do a better job of how they currently operate or fundamentally change the way they operate.²⁴

There is no public consensus on this issue, but Canadians are more likely to say local police need to improve how they currently operate (50%, up 10 points since 2021), than believe they need to fundamentally change (32%, unchanged). Fewer now have no opinion either way on this question (17%, down 12).

This shift in preference for incremental versus fundamental change in local policing is evident across the population. This encompasses all identifiable ethnic and racial groups,

How local police need to change

% 2021 - 2024 Those not fully satisfied with police performance



Q.43
In order to properly serve the people in your community, do you think that your local area police need to do a better job of how they currently operate, or need to fundamentally change the way they operate, or you cannot say?

but most significantly among Canadians who identify as Indigenous (57%, up 21 points), South Asian (53%, up 19), or East or Southeast Asian (54%, up 18). This view is now most widely expressed by those who are Muslim (61%).

The belief that fundamental change is needed in local policing continues to be most apt to be expressed by Canadians who are Black (39%, down 4), East or Southeast Asian (37%) or Jewish (37%), as well as people who have experienced racial discrimination regularly or from time to time (40%, unchanged). This perspective remains a minority view, but is now stronger than in 2021, among residents of Alberta (38%, up 6) and Atlantic Canada (38%, up 7).

How local police need to change

% 2021 - 2024 Those not fully satisfied with police performance By group responding

	White		Chinese		South Asian		East/SE Asian		Black		Indigenous		Other		Muslim	Jewish
	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2021	2024	2024	2024
Do a better job in how they currently operate	41	49	45	56	34	53	36	54	37	48	36	57	37	47	61	47
Fundamentally change how they operate	29	32	30	30	43	33	36	37	43	39	41	33	36	36	29	37
Cannot say	29	19	26	13	23	9	28	9	20	13	23	10	27	17	11	17

Q.43
In order to properly serve the people in your community, do you think that your local area police need to do a better job of how they currently operate, or need to fundamentally change the way they operate, or you cannot say?

²⁴ This question was not posed to those participants who gave an excellent or good rating for local police performance on all six dimensions presented in the previous question. It was assumed these participants would be unlikely to see the need for changes to current local police performance. The remaining subsample comprises 60% of the total sample.

Experience with hate

Racism and discrimination sometimes take the form of aggressive acts motivated by someone's extreme bias or hatred toward a particular social group.²⁵ Hate crimes may be directed at physical, symbolic targets (such as a mosque or synagogue), at individuals or groups of people, or at communities as a whole. Research studies have demonstrated that hate crimes can cause "disproportionate harm" to individual victims, as well as to other members of the community belonging to the targeted social group. These hostile acts send a message of rejection toward both the target of the crime and their community.

The prevalence of hate crimes in Canada has been spreading in recent years, amplified significantly through the emergence of digital platforms and social media that have loosened social norms around acceptable behaviour toward others. Official statistics reported through Statistics Canada show that the number of police-reported hate crimes rose by more than 80 percent between 2019 and 2022, with racialized communities being the primary target. This incidence significantly underrepresents the current reality, given that an estimated eight in ten hate crimes are not reported by those affected.

Reported hate crimes in Canada

The primary source of information about hate crimes in Canada is what victims report to police and the RCMP, which is compiled nationally through the Uniform Crime Reporting Survey (UCR). These statistics undercount hate-related victimization, as it is estimated that fewer than one-third (29%) of criminal incidents are reported.¹ Many victims of crime, including those who experienced violent victimization, choose not to report an incident to the police for various reasons (e.g., lack of confidence in the criminal justice system or police, belief the incident was too minor to report, the incident was private or personal).

An RCMP Report published in 2024 includes national data on reported hate crimes covering the period 2009 to 2022.² The total number of hate crimes reported annually averaged between 1,500 and 2,000 between 2009 and 2019, and then jumped to more than 3,500 in 2022 (up 79%). This upward trend is most evident for hate crimes motivated by ethnicity or race (45% of all police-reported hate crimes, up 194% between 2015 and 2022). Between 2017 and 2022, such experiences were most widely reported by Canadians who are Black, followed by those who are East or Southeast Asian (including Chinese), South Asian, Arab or West Asian, and Indigenous Peoples.

Between 2015 and 2022, nearly three in ten (28%) police-reported hate crimes were based on hatred of religion, with the number of incidents reported nationally fluctuating between 500 and 850 per year. Such experiences were most commonly reported by Canadians who are Jewish (16%), followed by those who are Muslim (8%), Catholic (3%) or of another religion (2%). UCR data has not yet been published for 2023 or 2024 that would capture experiences following October 7, 2023.

Hate crime targeting sexual orientation increased significantly between 2015 and 2022, climbing from 130 to 500 incidents per year (up 380%) and representing roughly 10 percent of all hate crimes reported over this period. About two percent of hate crimes reported during this period were motivated by gender or gender expression.

¹ *Victims of Hate Crimes, 2015 – 2021*. Statistics Canada (January 2023). Also: Police-reported hate crime, by type of motivation, selected regions and Canada (selected police services) (July 2024).

² *Hate Crimes and Incidents in Canada: Facts, Trends and Information for Frontline Police Officers*. RCMP (2024).

²⁵ The Canadian Race Relations Foundation defines hate crime as follows: A criminal offence committed against a person or property that is motivated in whole or in part by bias, prejudice or hate based on race, national or ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation or gender identity or expression, or on any other similar factor.

Given the significance of the issue, the 2024 survey included a new section focused on Canadians' experiences with hate incidents, which include hate crimes and non-criminal hate incidents (e.g., actions or occurrences that are non-criminal in nature, but still motivated by hate and that evoke similar effects on individuals and communities). This is the first such national study aimed at measuring the prevalence

of such experiences and their impact on those affected either directly or indirectly. The scope of the survey sample is sufficient to identify experiences with hate across the population's larger ethnic and racial groups, but not for those who identify as Jewish because they make up such a small proportion of the population and sample (as described in the Introduction).

Hate crimes and incidents stemming from the 2023 Israel-Hamas war

The conflict in Gaza in response to the Hamas terrorist attack on Israel on October 7, 2023 has led to a surge of hate-motivated crimes and incidents in Canada, directed most widely against Jewish communities, but also targeting people who are Muslim or Arab. These incidents are not yet reflected in the published UCR statistics, but are being collected and reported by local police departments.

In Toronto, between January and May 2024, the police reported 187 hate incidents, of which almost half (47%) were antisemitic, with smaller proportions directed at people who are LGBTQI+, Black or Muslim.¹

In Ottawa, between January and June 2024, the police reported 225 hate incidents, of which one-third (33%) targeted Jews, followed by those directed at people who are Black (16%), 2SLGBTQ+ (11%), Muslim (7%) or Arab (7%).²

In Montreal, between January and March 2024, the police recorded 80 hate-related incidents directed toward Jews, with another 28 directed at people who are Muslim or Arab. Since October 7, the city has seen an average of 29 such incidents per month connected to the Israel-Hamas war, which exceeds the annual total recorded in previous years (e.g., 24 in 2021, 23 in 2022).³

¹ City News (May 31, 2024)

² Ottawa Police (July 8, 2024)

³ *Le journal de Québec* (May 9, 2024)

Personal experience with hate incidents

One in six Canadians say they have definitely or possibly been the target of a hate incident in the past year. Such experiences are more likely to have taken place in person than online, and are most common among racialized people, as well as among those who are Muslim or 2SLGBQ+.

PERSONALLY TARGETED WITH HATE INCIDENT IN PAST 12 MONTHS. The survey defined “hate incidents” (which can also be crimes), including examples of what this might include (e.g., “an elderly Asian man being shoved in a grocery store by a person who makes racist remarks”). Participants were asked if they had personally been the target of a hate incident, or have reason to suspect this had taken place, in the past 12 months.

For the population as a whole, seven percent of Canadians report they had “definitely” been the target of a hate incident in the past year, with another eight percent who suspect this to have taken place.

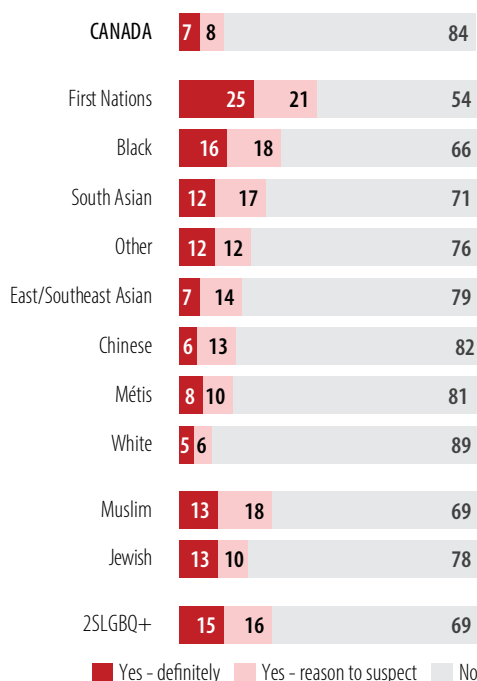
The likelihood of personally experiencing a hate incident varies by group. Among the groups identified in the survey, this experience is most widely reported by those who are First Nations (46% of whom say they were definitely targeted or suspect they were), followed by those who identify as Black (34%), South Asian (29%) or another racialized group (24%). Such experiences are also reported by three in ten Canadians who are Muslim (31%) or 2SLGBQ+ (31%), and almost one in four who are Jewish (23%).

Canadians’ experiences with hate incidents also appear to be a function of age. Reports of definite or suspected events are most common among those ages 18 to 29 (34%), with the prevalence declining with each successive cohort, down to only four percent among those ages 65 plus. Experiences are somewhat more apt to be reported by urban (18%) versus rural (10%) residents, and by men (18%) in comparison with women (13%).

For most Canadians who reported being the target of a hate incident in the past 12 months, this was not an isolated experience. A majority (54%) of this group say this happened to them “a few times”, with another 13 percent indicating it was “many times.” Just one in four (24%) report it was a single incident.²⁶

Have been target of hate crime or incident in past year

% 2024 By group responding

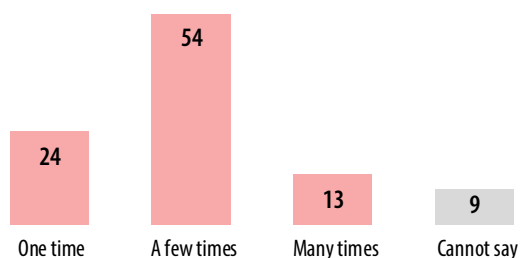


Q.30

Have you yourself personally been the target of a hate incident, or have reason to suspect that this has taken place, in the past 12 months?

How often have you been a target?

% 2024 Those experiencing a hate incident



Q.31

(IF YES IN Q.30) How often have you personally experienced a hate incident in the past 12 months?

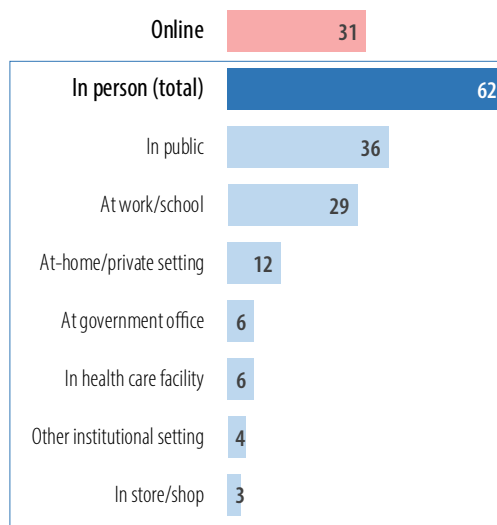
²⁶ The subsample reporting personal experience with a hate incident (N=794) provides limited scope for analysis of results by subgroup for this and subsequent questions about these events.

WHERE HATE INCIDENTS HAVE TAKEN PLACE. Online platforms and social media have increasingly been where Canadians encounter hate-motivated actions, but the majority of events continue to take place in the non-digital world. Those who definitely or suspect they were the target of a hate incident in the past year are twice as likely to say it took place in person (62%) as to say it happened online (31%).²⁷

The location where such incidents took place varies, but are most commonly in a public space (e.g., street, outdoor space, public transit (36%), at work or school (29%), or at home or in another private setting (12%). Other locations, less often mentioned, include government offices, health care facilities, or other types of institutional settings (e.g., community centres, police stations).

Where hate incidents took place

% 2024 Those experiencing a hate incident



Q.32

Thinking about this particular hate incident, did it take place online/on social media, or in person (at home or in a public place), or at another location?

Q.33

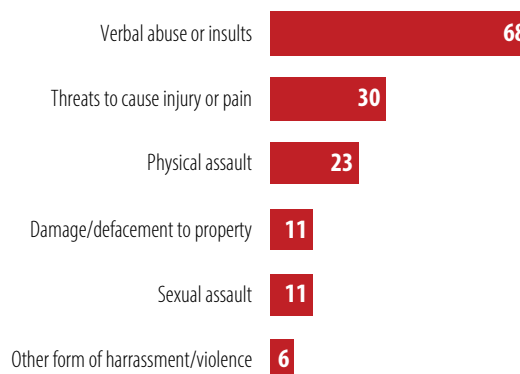
(IF NOT ONLINE IN Q.32) Where did this incident take place?

WHAT HAPPENED DURING HATE INCIDENTS. Hate-motivated acts can take a variety of forms. Canadians reporting such experiences are most likely to say they experienced verbal abuse or insults (68%), followed by threats to cause harm or injury (30%), physical assault (23%) or, specifically, sexual assault (11%).

One in ten (11%) say hate took the form of damage to or defacement of property, while six percent indicate it involved some other form of harassment or violence (e.g., told to speak another language, their work was not good enough, treated differently than other people, followed in a store).

What happened during incident

% 2024 Those experiencing a hate incident



Q.34

Which of the following happened to you when this hate incident took place?

²⁷ Those who say they were targeted more than one in the past 12 months, were asked to respond to this and subsequent questions about the most recent occurrence.

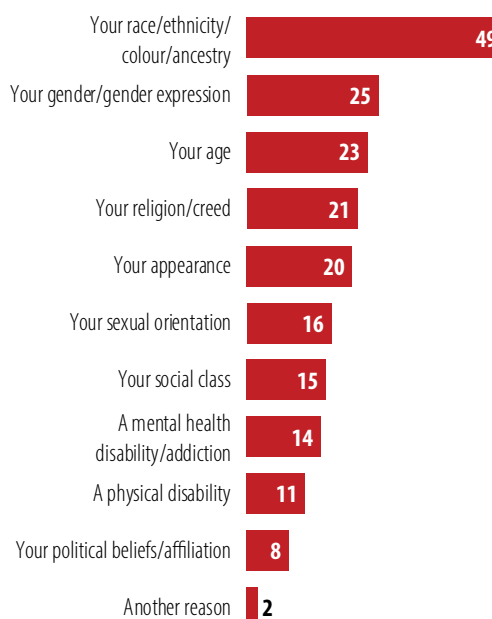
MOTIVATION BEHIND HATE INCIDENTS. Survey participants were asked what they believe it was about themselves that motivated the offender's bias, prejudice or hatred toward them. People are most likely to say they were targeted because of their race, ethnicity, colour or ancestry; this was mentioned by half (49%) of all Canadians who experienced a hate incident, but even more so among those with a racialized identity, most notably by those who are Chinese (80%) or Black (77%).

Other reasons people give for why they became a target of hate include their gender or gender expression (25%; similar for both men and women), age (23%), religion or creed (21%), appearance (e.g., weight, height, tattoos) (20%), sexual orientation (16%; 44% among those who are 2SLGBQ+); social class or income (15%), a mental health disability or addiction (14%), a physical disability (11%), or because of their political beliefs or affiliation (8%).

One in five (21%) Canadians were targeted for hate due to their religion or creed. This was most widely reported by those who are Jewish (70%) or Muslim (46%), but also by some who are Christian (21%) or another religion (21%).

Motivations for offender's hatred against you

% 2024 Those experiencing a hate incident



Q.35

Do you believe this hate incident was motivated by the offender's hatred of you because of your:

Experience with reporting a hate incident

Only one in four Canadians who experienced a hate incident in the past year say they reported it to the police or another authority. People give various reasons for not making such reports, and few of those who have done so say this has resulted in a positive outcome to date.

REPORTING A HATE INCIDENT. How have Canadians responded to hate incidents or crimes that happened to them in the past year? Just one in four (26%) say they reported this experience to the police or another organization. This proportion is roughly similar across the population in terms of gender, age and urban versus rural residency. Taking such action also does not vary noticeably between racialized and non-racialized people, although First Nations Peoples appear to be more likely than others to say they have reported their experience.

The likelihood of reporting a hate incident does not vary noticeably by whether it took place online or in-person, or whether this has happened just once or numerous times in the past year. Canadians are more apt to report incidents if it involved physical assault (46%), sexual assault (43%) or damage to property (45%), and least so if it entailed verbal abuse or insults (23%).

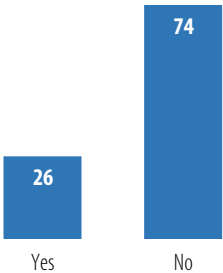
Reports are also more common in cases where it is believed that the motivation was because of one's gender or gender expression (40%), or physical disability (37%). Canadians with inadequate household incomes (16%) are half as likely as others (30%) to have reported a hate incident to the authorities.

Those who say they reported an experienced hate incident were asked who it was they contacted.²⁸ The most common responses are the police or RCMP (40%), the place where the incident took place (31%) or to another government agency (e.g., social services, municipal government) (28%).

Others mention a health care agency (clinic, hospital) (22%), the social media platform on which the incident took place (19%), the media (14%), a human rights agency or commission (12%), or an organization that represents people like themselves (e.g., advocacy group) (9%).

Did you report this hate incident?

% 2024 Those experiencing a hate incident



Q.36
Did you report this hate incident to the police or another organization?

To whom did you report this incident?

% 2024 Those reporting a hate incident



Q.37
(IF YES TO Q.36) To whom did you report this hate incident?

²⁸ This subsample includes 195 participants, which is too small for subgroup comparisons.

REASONS FOR NOT REPORTING A HATE INCIDENT.

The majority of Canadians who *did not* report an experienced hate incident were asked why they chose not to do so. Many reasons are given, but at the top of the list is that they did not think making a report would make any difference (50%).

Other reasons include not trusting authorities or the police (27%), not knowing how or where to report (22%), not wanting to get involved with an official complaints process (21%), expecting to be treated poorly (20%), that it would take too much energy or effort (20%), they would not be taken seriously (19%) or feelings of embarrassment about the incident (18%). One in six (17%) say they did not make a report because they are used to such incidents and did not feel the need to make an issue of it.

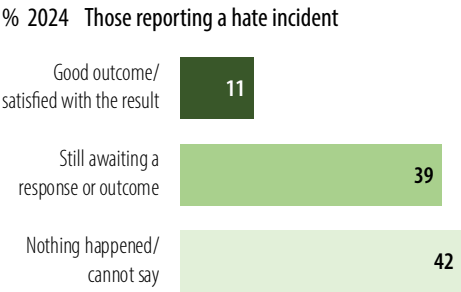
OUTCOME OF REPORTING A HATE INCIDENT. Those who say they reported an experienced hate incident were asked what, if anything, happened as a result of this action. Of this group, just one in ten indicate a completed or positive outcome, in the form of being satisfied with the result (9%) or that the authorities took charge and followed through with an investigation (2%). Most say they are still waiting for some kind of response or outcome (39%), or that nothing ever happened (24%) or otherwise cannot say (18%).

Reasons for not reporting a hate incident

% 2024 Those not reporting a hate incident	
Did not think it will make a difference	50
Did not trust authorities/police	27
Did not know where/how to report	22
Did not want to get involved in process	21
Thought I would be treated poorly	20
Would take too much energy/effort	20
Would not be taken seriously	19
Felt embarrassed about the incident	18
Am used to such incidents/no big deal	17
Did not want to get anyone in trouble	9
Worried about negative consequences	9
Have reported before and it did not go well	6
Other reasons	2

Q.39
(IF NO TO Q.36) Why did you choose not to report this hate incident?

What happened when you reported a hate incident?



Q.38
What, if anything, happened as a result of the report you filed about this hate incident?

Indirect exposure to hate

Apart from one's own experience over the past year, one in six Canadians say they have witnessed a hate incident happening to another person, while one in five know someone else who has been targeted in this way. Such experiences are most common among those who have themselves been directly targeted.

The survey also asked participants about indirect exposure to hate incidents in the past 12 months, apart from their own personal experiences. One in six (17%) Canadians say they have witnessed a hate incident being committed against another person, while one in five (19%) report knowing someone else who has been the target of such an event.

This type of indirect exposure to hate is most commonly experienced by those who have been the direct targets of such incidents. The likelihood of witnessing or knowing someone who has been targeted in the past year is greatest among those who are most likely to have been targeted for their race or ethnicity, who are Indigenous (35% and 36%, respectively), Black (37% and 31%) or another racialized background (29% and 27%).

Such indirect experience with hate is also widespread among Canadians who themselves have been targeted because of their religion, including Jews (34% and 40%), and Muslims (31% and 30%), or because they identify as 2SLGBTQ+ (33% and 31%).

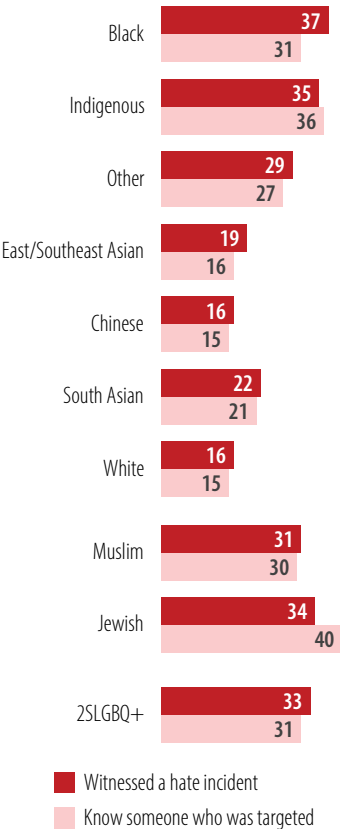
Such experiences are least likely to be reported by Canadians ages 65 and over, and those who identify as white or Chinese.

The circumstances around these indirect experiences with hate incidents in the past year largely mirror those reported by people who have been directly targeted. Canadians who say they witnessed or know someone targeted by a hate incident are more likely to say this took place in person rather than online, with the most common locations being a public place.

A majority of the incidents indirectly experienced entailed verbal abuse or insults, with smaller proportions describing them as involving threats to cause pain or injury, physical assault, damage to property or sexual assault.

Indirect exposure to hate incidents in past 12 months

% 2024 By group responding



Q.40

Apart from your own experience, have you witnessed a hate incident being committed against another person, in the past 12 months?

Q.44

Apart from your own experience and what you may have witnessed directly, do you know someone else who has been the target of a hate incident in the past 12 months?

Net exposure to hate incidents in past 12 months

Three in ten Canadians have been exposed to one or more hate incidents in the past year, either through personal experience or indirectly from witnessing or knowing someone else targeted in this way. Such exposure is most common for those who are First Nations, Black or Jewish.

The results show considerable overlap among Canadians who report direct and indirect experiences with hate in the past 12 months. That is, those who have been directly targeted are also among those most likely to have also witnessed this happening and/or know someone else who found themselves in the same situation. Combining these direct and indirect experiences to create a “net” exposure reveals the overall prevalence of experience with hate incidents across the population and within specific groups. For the population as a whole, this net exposure of hate is 29 percent – three in ten Canadians have had such direct or indirect experience in the past year.

Net exposure to hate incidents in the past year (personal and/or indirect experience of others) is reported by half of Canadians who are First Nations (50%) or Black (50%), and by significant minorities among those who are another racialized group (42%), South Asian (37%) or Métis (36%). Such experience is least apt to be reported by those who are white (25%) or Chinese (25%).

Experiences with hate are also much more common among younger Canadians than older ones, with net exposure reported by almost half of those ages 18 to 29 (47%), declining to only one-third as many of those ages 65 and older (16%). Notably, Jews report the greatest proportion of net exposure to hate of any group (52%), with these experiences also common among Canadians who are Muslim (42%) or a non-Christian religion (38%), in comparison with those who are Christian (28%) or have no religious affiliation (26%). Finally, personal or indirect experience with hate is significantly more likely among people who identify as 2SLBQ+ (47%).²⁹

Net exposure to hate incidents in past 12 months

% 2024 By group responding

	CANADA	White	Chinese	South Asian	East/SE Asian	First Nations	Métis	Black	Other
Personally experienced hate incident	7	5	6	12	7	25	8	16	12
Witnessed someone else targeted by hate incident	17	16	16	22	19	39	26	37	29
Know someone else targeted by hate incident	19	15	15	21	16	34	32	31	27
NET – Personal and/or indirect experience	29	25	25	37	32	50	36	50	42

YES TO Q. 30 OR Q.40 OR Q.44

²⁹ Canadians whose sexual orientation is other than heterosexual also tend to be younger in age, so their experiences with hate are connected to both of these characteristics.

Net exposure to hate incidents in past 12 months

% 2024 By age, ethnicity/religion and sexual orientation

	Age				Ethnicity/Religion					Sexual Orientation	
	18-29	30-44	45-64	65 +	Christian	Muslim	Jewish	Other	None	Heterosexual	2SLGBQ+
Personally experienced hate incident	16	9	4	2	7	13	13	12	4	6	15
Witnessed someone else targeted by hate incident	34	21	17	8	18	31	34	23	18	17	33
Know someone else targeted by hate incident	28	20	14	10	17	30	40	22	15	16	31
NET – Personal and/or indirect experience	47	33	25	16	28	42	52	38	26	27	47

YES TO Q. 30 OR Q.40 OR Q.44

Impact of recent experiences with hate

Canadians exposed to hate in the past year identify ways in which this experience has affected their lives, in terms of how it has made them feel, and how they navigate spaces and other people. Six in ten say what they experienced has had no effect on their lives.

Survey participants who reported direct or indirect exposure to hate in the past 12 months were asked in what way, if at all, this experience affected how they go about their lives today (asked unprompted, to be answered in one's own words). Four in ten (39%) responded by identifying one or more ways in which their lives have been affected, while an equivalent proportion (40%) say there has been no effect on their lives, and another one in five (21%) do not offer any response to the question. The identification of one or more effects of hate exposure is provided by a significant minority across all identifiable groups.

The verbatim responses were coded into a handful of conceptually relevant themes and sub-themes:

- The most common theme is how experiences with hate have changed *how people move through the world and deal with other people* (15%), in terms of being more alert in public places, minding their own business, being more cognizant of what they say, and looking at people in a different way.
- A second theme covers how *hate experiences have affected people emotionally* (14%), in terms of making them sad or disappointed, scared, angry or upset, or experiencing feelings of inferiority.
- A smaller group (8%) mention how *exposure to hate has motivated them to respond in positive ways*, by making them stronger, recognizing the need to treat others with kindness, or listen to them more carefully.
- Two percent note how *hate experiences negatively affect their physical or mental health*, with four percent mentioning other types of reasons.

These themes appear in roughly equal proportion across the population.

In what way, if at all, has your personal or indirect experience with hate incidents over the past 12 months affected how you go about your life today?

I struggle to leave my home. My anxiety is heightened and if I don't have to be out of my safe comfort zone, also known as my home, I struggle a lot.

I try to be only in company with people that say no hatred or cruel words.

I am no longer a proud Canadian. I worry about the possibility of being attacked.

I'm more aware of my surroundings than I was before.

It makes me sad, indignant and wanting to contribute to solutions.

I'm still optimistic, the world is changing for the better, just because of one hate incident, one person out of million doesn't mean life itself is going down the tubes.

I try and respect and deal with people of different culture or race with more respect, as they need more respect than they sometimes get.

Overwhelming amount of PTSD.

I feel afraid for others that they will be physically or mentally harmed.

I'm just frustrated, but try not to let it really affect me.

I will not go to certain areas of my city and I will not wear my religious necklace in certain situations.

It has affected me because now I don't think about the same as myself as I did a few years ago. I get depressed thinking about myself because of all the incidents I received.

Makes me feel guilty because I know I wasn't able to do anything about it.

I am afraid to discuss my ethnicity with people unknown to me. I am afraid to travel to various places due to high incidence of Jews being targeted.

It has changed how I view the world around me and has helped me try to help others going through the same things.

I don't like discrimination, so seeing it makes me a much kinder person to EVERYONE.

I am discouraged and disheartened at the level of vitriol and hate online and in person in Canada and the disinterest of police and politicians for the most part to enforce the law.

It really upsets me and makes me feel ashamed to be white.

I make sure I carry myself head up so, I don't get discriminated as "a very ghetto black girl" and stay quiet while out in public.

I was not affected but rather just thinking about how people are sometimes cruel about what they say and do to others.

Hate in the broader community

A majority of Canadians believe hate incidents are taking place at least sometimes on the social media platforms they use, and are less apt to say this is happening in the communities in which they live. Few believe there are strong social norms encouraging bystanders to speak up when witnessing hate.

PREVALENCE OF HATE IN THE COMMUNITY. Beyond their own experiences, what do people believe is happening in the communities where they live? While Canadians are more likely to experience hate incidents directly or indirectly in person, the broader perception is that such events are more frequent online.

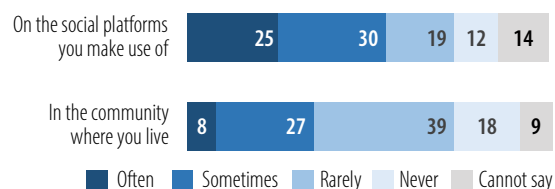
A majority of Canadians believe that hate incidents are taking place on *the social media platforms they use often* (25%) or sometimes (30%), compared with just one-third who say such incidents are taking place often (8%) or sometimes (27%) *in the community where they live*. In both cases, fewer than one in five maintain that such events never take place (12% and 18%, respectively).

Not surprisingly, it is those who have most commonly experienced hate in their own lives who tend to see this happening more broadly in the communities and online spaces they occupy. Those who say hate incidents are often happening on the social media they use are most apt to have been the target of a hate incident in the past year (38%), and/or be ages 18 to 29 (38%), First Nations (36%), Black (32%) or 2SLGBQ+ (43%). Half (49%) of Jewish Canadians say they have experienced this often, with another 22 percent who report it happens sometimes.

Similarly, the view that hate incidents are happening often in one's own community is most evident among Canadians who have directly experienced such an incident in the past year (16%), and/or are Jewish (18%), First Nations (23%), Black (17%) or 2SLGBQ+ (14%).

How often do hate incidents take place where you live?

% 2024



Q.49

Apart from your experience and that of other people you know, how common do you think it is that hate incidents are taking place: A) In the community where you live? B) On the social media platforms you make use of?

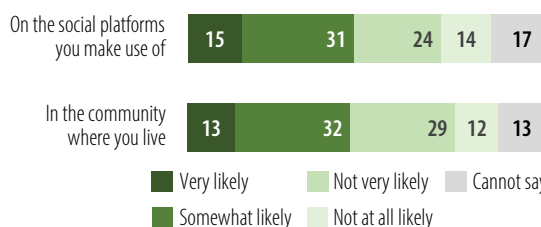
BYSTANDER INTERVENTION. Hate against others persists in part because it is tolerated in the social realm, whether in communities or online. Hate incidents are on the rise, in part, because social norms governing how to treat people who are different have been loosening in ways that embolden some to act out against others who make them uncomfortable. Social norms also determine whether people who witness hate taking place will choose to intervene by speaking up and doing something about it.

How do Canadians read the social norms about bystander intervention in their communities? Perceptions vary, with relatively few expressing a belief that there are strong norms guiding people to intervene when they see a hate incident taking place. Just one in six say that such intervention would be very likely to happen, either on the social platforms they use (15%) or in their community (13%). Most believe such bystander support is somewhat or not very likely to happen, whether online or in person.

Perceptions of the likelihood of bystander intervention in the face of hate are notably similar across the population and identifiable groups. The belief that such action would very likely happen is somewhat more evident among Canadians who have themselves experienced discrimination generally and hate incidents in particular, and in the case of social media among those who are Black or First Nations.

How likely is it that someone will intervene when witnessing a hate incident?

% 2024



Q.50

When a hate incident takes place, how likely do you think it is that someone else who witnesses or learns about it will speak up to call it out, or report it to the police or another authority if it happens: A) In the community where you live? B) On the social media platforms you make use of?

