# Transcript – Office of the Commissioner for Equal Opportunity video – What to do if you experience discrimination

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| Graphics | Text on screen |
| Words on screen | What to do if you experience discrimination. |
| Graphic of hand holding up words | Discrimination is treating someone differently because of who they are. |
| Graphic showing group of four people talking around a table | It can be unlawful when it’s because of someone’s age, |
| Words on screen | Disability, race, sex or sexual orientation or gender identity and they are treated unfairly. |
| Graphic representing megaphone | If you think you have been discriminated against, contact our office. |
| Graphic representing people talking | We’ll talk to you about your options. |
| Words on screen | Sometimes you might just want help talking to a venue or your employer. |
| Graphic showing notepad and pen | If you want to make a formal complaint, you will need to put it in writing. |
| Graphic representing shield | We’ll assess your complaint under the Equal Opportunity Act. |
| Graphic showing meeting | If a complaint cannot be resolved, a conciliation conference might be held. |
| Graphic showing meeting | This is when parties meet to try to resolve matters. |
| Graphic showing keyboard | You’ll find more information on our website: equalopportunity.sa.gov.au |
| Words on screen | Or contact us directly: phone 08 7322 7070  Email: [equal@sa.gov.au](mailto:equal@sa.gov.au) |