The difference between ancestry and biological race is that ancestry only refers to a region that your ancestors came from, but race is the idea of average genetic variation between groups and individuals. Throughout history, bad actors conflate the two to reinforce a superiority complex even though ancestry doesn’t correlate strongly with genetic variation between populations (Saini et al., 2022). The concept of race was popularized to rationalize slavery in the United States (The Invention of Race | Specials, n.d.). The difference between biological and sociological race is that biological races are defined as genetic variations between individuals and populations. With humans, biological race doesn't exist because genetic variations between individuals are greater than the genetic variations between populations of people. Sociological race is different from biological race in that it's not based on biology, it's based on the perception of groups such as culture and skin color.

From what I have learned it is not worth it for geneticists to pay attention to race. This is because what people commonly perceive as race has very little to do with genetics. One example of this is the cheddar man, which is a skeleton found in Britain thousands of years ago. Even though the Cheddar man was dug up in Britain his skin color was dark, his group is roughly attributed to 10% of Britain's genetic makeup, many of which have light skin (Saini et al., 2022). Paying attention to race could negatively affect the way science is done in that it could bias conclusions towards sociological races of people that are just as related to each other as other sociological races. Race shouldn't be paid attention to in medicine either because having dark or light skin is not a good predictor of being predisposed to certain diseases. A better predictor would be ancestry. Paying attention to race in the medical system has caused weird stereotypes that dark-skinned people have higher pain tolerances for no apparent reason.

One pitfall of encouraging public interest in ancestry is that racists can reinforce their superiority complexes with it. A potential upside with the use of ancestry is finding what diseases you could be predisposed to, but it also could be inaccurate. Paying attention to ancestry could help identify at-risk groups of people so that they can get treatment.

I do think humans discriminated against each other before the invention of race because it is a survival mechanism. Humans naturally try to identify friend from foe, and unfortunately one of the ways humans do this is through appearance. I think the best way to combat racism is through exposure therapy, also known as diversity. If someone who discriminates against a race is introduced to someone of that race, they would find that they are very similar despite the difference in appearance. This would cause them to be less likely to hold discriminatory views.

**References**

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