

# 10 Ways to Fight Hate\*

## 1. ACT

*Do something.* Sign a petition. Offer your skills and the resources you have. Repair acts of hate-fueled vandalism. Speak up.

## 2. UNITE

*Join forces.* Reach out to groups that are likely to respond to a hate event such as members of targeted groups, faith groups, businesses, civic groups, politicians, and schools. Join local organizations such as One Human Family QCA, QC Interfaith, and/or Progressive Action for the Common Good.

## 3. SUPPORT THE VICTIMS

*Help others.* Report every incident. Speak to the press. Research legal rights.

## 4. SPEAK UP

*Expose, denounce, share.* Draw attention to unity and away from hate. Don't be a bystander. Display a One Human Family QCA welcoming sign in your yard.

## 5. EDUCATE YOURSELF

*Be knowledgeable.* Learn the definitions. Learn the difference. Know the impact. Sign up to receive the Southern Poverty Law Center emails.

## 6. CREATE AN ALTERNATIVE

*Find a different solution.* Counter every act of hatred with love and unity. Do not attend a hate rally.

## 7. FORM RELATIONSHIPS WITH LEADERS.

*Engage with leaders.* Educate community leaders about the causes and effects of hate. Demand a quick, serious police response. Demand strong public statements by political leaders. Encourage leaders to name the problem. Push leaders when they show bias or fail to act.

## 8. STAY ENGAGED

*Promote acceptance and address bias.* Connect with networks and organizations that promote peace and justice. Expand your comfort zone. Move from prayer to action. Begin a community conversation on race.

## 9. TEACH ACCEPTANCE

*Teaching acceptance is necessary to build an acceptancing environment and an educated community.* Examine textbooks and curricula to determine if they are equitable and multicultural. Expose your family to multicultural experiences. Encourage activism. Examine the media that is consumed in your home. Model inclusive language and behavior.

## 10. DIG DEEPER

*Look inside yourself for stereotypes and prejudices.* Start by examining the language you use and the assumptions you make about others. View films, read books, and attend workshops to help guide you in self-examination. Attend an Ouch! Training to effectively combat hate speech.

**For more information to fight hate:**

[www.splcenter.org](http://www.splcenter.org)

[www.racialequityresourceguide.org](http://www.racialequityresourceguide.org)



**To get involved locally, visit:**

[www.onehumanfamilyqca.org](http://www.onehumanfamilyqca.org)

[www.facebook.com/onehumanfamilyqca](https://www.facebook.com/onehumanfamilyqca)

No importa quién eres o de dónde eres, nos alegramos de que seas nuestro vecino.

No matter who you are or where you're from we're glad you're our neighbor.

لا يهمنا من أين أنت ولكن يسعدنا أنك جارنا

\*This list is based upon the Southern Poverty Law Center's publication *10 Ways to Fight Hate*.