

1. Act- Do something in the face of hatred. Doing nothing may be mistaken for acceptance and hate will persist.

Hate is an attack on tolerance and acceptance and must be countered with acts of goodness. In the face of hate, silence is deadly. Apathy will be interpreted as acceptance — by the perpetrators, the public, and — worse — the victims. If left unchallenged, hate persists and grows.

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2. Join Forces- Others may share your desire to stand against hate and let's not forget that there is power in numbers. Organizing a group reduces personal fear and vulnerability, spreads the workload, and increases creativity and impact. Coalitions can stand up to — and isolate — organized hate groups. You and your allies can help educate others as you work to eradicate hate.

3. Support Victims- If you're a victim, report every in as much detail as possible and ask for help. If you learn about a hate crime victim in your community, show support. Let victims know you care. Surround them with comfort and protection.

You Can:

Report every incident. If you are a member of a targeted group, harassment could continue.

Speak to the press. Your story, with a frank discussion of the impact on your family life, can be a powerful motivator to others.

Research your legal rights.

4. Speak Up-Speak up in ways that draw attention away from hate, toward unity. You can spread tolerance through social media and websites, church bulletins, door-to-door fliers, letters to the editor, and print advertisements.

5. Educate Yourself- Eruptions of hate generally produce one of two reactions: apathy or fear before reacting, communities need accurate information. Start by educating yourself.

6. Create An Alternative-Find other outlets for anger and frustration. Hold a unity rally or parade to draw media attention away from hate.

7. Stay Engaged-**Hold candlelight vigils, interfaith services, and other activities** to bring together people of different races, religions, and ethnic groups.

- **Honour history and mark anniversaries.**
- **Break bread together.** Some communities have dinner clubs that bring together people of different ethnicities and income levels for a meal. These groups typically have no agenda, no speakers, and only one rule at their dinners: Sit next to someone you don't know.

- **Move from prayer to action.**
- **Begin a community conversation on race.** Discussion groups, book clubs, chat rooms, and library gatherings can bring people together. Effective community conversations allow individuals to tell their stories, their immigration history, their daily encounters with discrimination, their fear about revealing sexual orientation, and so on.
- **Consider building something the community needs, and use it as an organizing tool—** from a senior centre to a new playground. Make sure residents from different backgrounds are included in the process.

8. Teach Acceptance- Promote diversity and Inclusion