

# COMBAT HATE!

## ACTION PLAN

Choose the options that are right for you and add your own:

### TAKE CARE AND TALK

- Practice self-care and take a break when needed
- Reach out to adults at school if you feel uncomfortable or have questions about something you saw
- Let parents, guardians, siblings, and others who care know when you need to talk about something upsetting online
- Discuss with friends when you feel that hateful speech is being used around you

### DIGITAL CONTROL

- Report offensive posts to social media platforms directly – every report counts!
- Block users from your feed if they are being inappropriate
- Avoid clicking on harmful sites to help limit traffic and views of content
- Document images that are offensive and flag it to **@combat\_hate**

### COUNTER SPEECH

- Respond to harmful speech with posts or private messages like — *“This is a stereotype”, “I’m not okay with this” or “This is harmful language”*
- Insert fact checks, questions, and credible links into conversations that promote falsehoods
- Explore and use hashtags like #silencehate #erasehate #combathate #bekind #digitalwellbeing to show that you’re against hate speech

### GET INVOLVED

- Support a victim or community member on their wall or message to let them know you care
- Follow/like anti-hate, human rights and social justice organization social media feeds
- Join or create an anti-hate group at your school or in the community
- Participate in viral campaigns for change

