

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

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MY NOTES:

For resources on taking action go to:
www.museumoftolerance.com/combathate

Follow the Museum of Tolerance and
stay up to date on programs, events and
ways you can get involved:

@museumoftolerance

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