



WHAT
DOES
HATE
LOOK
LIKE?



SAMEEA JIMENEZ CORINNE PROMISLOW
WITH LARRY SWARTZ

ABOUT US

Sameea Jimenez

Sameea Jimenez is an elementary educator in the Toronto District School Board. Her teaching is rooted in anti-oppression and anti-racism and is committed to challenging social norms and paradigms. Sameea specializes in social justice education and is an advocate for systemic change within educational institutions. She has created and facilitated professional development around anti-racism and anti-discrimination for educators.

Corinne Promislow

Corinne Promislow is a principal in the Toronto District School Board with over 28 years of teaching and administrative experience. Corinne is dedicated to creating a positive culture against all forms of hate and inequity in her work with students and educators. She has developed resources, provided professional development, and chaired committees to foster inclusion and anti-discrimination. Corinne lives and works in Toronto and enjoys spending time with her little dog Bean.

WHY WE WROTE THIS BOOK

- 1000's of incidents of hate by students reported daily in the TDSB
- Includes anti-Indigenous hate, anti-Black racism, Antisemitism, anti-Asian hate, Islamophobia, Homophobia, Transphobia, etc.
- Wanted student voice to be heard
- Provided an opportunity for students to share their experiences with hate through first person narratives and pictures
- Provided an opportunity for readers to understand perspectives other than their own
- Wanted to give students a guide book on how to overcome these incidents or to stop perpetuating these incidents
- Provide solutions for both the bullied and the bully

WHAT THIS BOOK IS ABOUT

This book, published by Second Story Press, gives readers a glimpse into the lives of students who have experienced hate in their lives. Real kids, ages eight to fourteen, from real classrooms share their stories in this book to help us see the bias, prejudice, violence, discrimination and exclusion around us- what hate looks like to them.

Why? So students can learn to stand up against hate and never be the cause of it. And to show them how to cope and get support if they have been hurt. It teaches students how to move from being a bystander to an upstander.

The heart of the book are the stories and pictures from students. These stories and pictures are anonymous on purpose, as we wanted authentic and true voices without students feeling judged. The target readers are children in grades 4-8, however, it can be read by high school students and beyond.

WHAT STUDENTS WILL LEARN

- Different perspectives from diverse voices that will challenge their bias and prejudice
- What hate looks like, sounds like and feels like
- History of hate from the N-word to the Nazi Swastika
- How to move from a bystander to an upstander
- How to stand up to bullies
- How to recognize and stop being a bully themselves
- Microaggressions - how to make sense of feelings that don't make sense
- Empathy-why should we care about other people
- How to cope, how to get help if you have been the victim of hate
- How to react to hate if you are a victim, bystander or someone who inflicts hate
- Readers will be challenged with real life scenarios to determine what they would do
- Global statistics about hate

THEMES IN THE BOOK

Oppression

Bias

Prejudice

Violence

Homophobia

Transphobia

Anti-Black racism

Antisemitism

Anti-Asian racism

Islamophobia

Anti-Indigenous racism,

Body shaming

Xenophobia

Ableism

Physical, cyber and verbal bullying

Microaggressions

Importance of identity

Discrimination

Inclusion

Intersectionality

This is not intended to be a complete survey of every type of hate that exists. Tragically that would be impossible to fit all in one book. This is intended to show many types of hate regularly seen and experienced in classrooms today.

CHAPTER 2

WHAT DOES **HATE** LOOK LIKE IN REAL LIFE?



From Harmless to Harmful Symbols
of Hate

Signs of Hate Crimes

Religious Attacks and Religious
Violence

Racial Attacks and Racial Violence

Using Hate to Intimidate and Bully
Others: Physical, Cyber and Verbal

MICROAGGRESSIONS

What is a microaggression?

- Indirect, subtle or unintentional discrimination against marginalized groups
- Microaggressions can appear to be compliments but often contain a hidden insult to the target group and can be communicated verbally and/or nonverbally.

The next slide is an illustration of numerous microaggressions that students face on a daily basis. These were directly reported from student stories.



SOME EXAMPLES FROM WHAT DOES HATE LOOK LIKE..

We are highlighting the following couple of pages as examples of “What Does Hate Look Like”, “What Does Hate Sound Like” and “What Does Hate Feel Like”...

THIS IS WHAT HATE LOOKS LIKE.



ANTISEMITISM: THE SWASTIKA

Antisemitism is prejudice, violence, or hostility toward someone just because they are Jewish. What does this look like? Jews experience hate through symbols like the Nazi swastika and hurtful language that suggests they should not exist. Have you ever seen swastikas drawn on synagogues or schools? These are examples of antisemitism. No one has the right to tell people how and where they can worship.

The swastika is an ancient symbol that is still a sacred symbol in Hinduism, Buddhism, and Jainism. In the 1930s in Germany, when Adolf Hitler and his Nazi party came into power, they appropriated the swastika for their own use. Hitler turned the original symbol on its side and put it on a flag in red and black. This became

known as the symbol of the Nazi party and, ultimately, extreme hate. Millions of people were killed in World War II because they were different. Different because of their religion, skin color, sexuality, or their mental or physical disabilities. Six million Jewish people died just because they were Jewish. Almost half a million Roma were murdered because they had darker skin. This type of hate may seem unimaginable, but it still happens today. Swastikas are drawn in schools every day. Flags with Nazi symbols are flown at political rallies. The swastika is so harmful to Jewish people because it triggers survivors who lived through the horrors of the Holocaust and to all Jews who see it as a symbol of wanting to destroy Jewish people.



Did you know...*people who identify as girls or non-binary or gender fluid are more likely than people who identify as boys to be bullied or targeted online?*

I heard snickering as the elevator doors closed, I shut my door and sat on the floor. I sat there for a very long time. The pain was unbearable. I thought people in my building were my friends. I walked to school with them every day. They knew I was gay, and no one had ever made fun of me before. I was devastated. I didn't know how to react. Whoever did that never realized how much those words hurt me. That day changed me forever because a little part of me will never feel good enough again."

ANTI-INDIGENOUS HATE

Anti-Indigenous hate is hatred and hostility toward Indigenous peoples. Indigenous people and the lands in which they have lived on for thousands of years have been colonized and occupied for centuries by non-Indigenous people. Historically, colonizing settlers came into countries and assumed they knew the stories of the Indigenous peoples living there. And they have been telling those stories ever since. This has taken the voice away from its rightful owners, Indigenous peoples. All Indigenous populations have

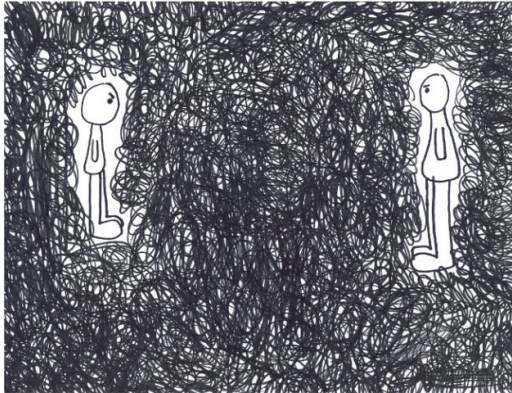
been affected and some nations have been wiped out by assimilation or elimination. Non-Indigenous people continue to occupy and sell traditional lands and refuse to honor Indigenous Treaties.

Indigenous peoples are still fighting for basic human rights. What can you do to learn more about the territories and lands you live on or where your school is situated? It is only through honoring the right to self-government and Truth and Reconciliation that true healing can begin.

Did you know...*nearly one third of youth identifying with 2SLGBTQIP+ communities attempted suicide at least once compared to 6% of straight youth?*

"I was in a store walking around looking for my mother. I was 13. We had become separated when she went to look at clothes, and I wandered over to the sports section. I was looking aimlessly at bikes and gears, pressing brake handles, etc. A man walked over and started looking at bikes too. I thought maybe he was waiting for his wife or was looking at bikes, but he kept looking at me. I was starting to feel uncomfortable. I kept taking my phone out of my pocket to see if my mom texted. I did this after looking at the price tag on a bike. The tag fell to the ground. I picked it up and placed it loosely on the handlebars. I put my hands

back room he'd mentioned, and he nodded yes. We went back there. My mother is a very well-educated, professional woman who explained to the manager the truth of the matter. Both the manager and the store employee were fired. This is only one incident, sadly, since then there have been many."



THIS IS WHAT HATE "FEELS" LIKE.



ISLAMOPHOBIA

Islamophobia is hatred and fear toward the religion of Islam or Muslims. Have you ever seen someone look at a Muslim boy or a girl in a hijab and call them a terrorist? Where does this come from? There are not a lot of shows that portray Muslim people in a positive light or at all. Perhaps the first time some of you reading this book ever saw a Muslim person was on TV when they were talking about a terrorist attack. There are more than two billion Muslim people in the world. Muslims are not all the same. Muslim people live in different countries, speak different languages, and wear different types of traditional clothing. Fear makes people think in stereotypes. Fear and ignorance make some people think that all Muslims must be the same.



BODY SHAMING

Have you ever wondered why society thinks it's okay to comment on people's appearance? We do it all the time. People always think it's a compliment to tell someone how good they look after they lose weight. "You look great! Have you lost weight?" Does that mean you didn't look good before when you were heavier? How do people know you haven't lost weight because you are sick or stressed out? Sometimes people comment on how skinny people

are. We hear things like, "You have no shape. Where are your muscles?" or "You're so skinny; I wish I could look like you!" Again, no one knows why someone's body is the way it is and commenting on someone's body size brings attention to how they look rather than who they are. It's an

Did you know...

that approximately 160,000 teens in the US skip school each year because of bullying?

in-sult, not a compliment. Body shaming can look like anything that makes someone feel self-conscious about their body. Body shaming is dangerous as it can cause self-esteem and mental-health problems in children and teens. Everyone is beautiful and no one should be judged on how they look.

"No one's perfect, but people who don't fit the perfect body image laid out by influencers or models can sometimes get bullied. That was the case for me in grades 2 through 5. I wasn't the pretty, skinny girl in any class, my bully was. I was the chubby girl with glasses, but I am okay with it now. My story is something that seems innocent from the outside (this is why it went on for three years), but it's far from it. The bully was hurting me physically, and the teacher never stopped it. She would call me names, leave me out of games, and make me feel useless. And the worst part was I thought we were friends so I couldn't leave.

THIS IS WHAT HATE SOUNDS LIKE.



ANTISEMITISM

“It happened in Grade 8 French class. The teacher left the room and three boys stood up and did the Hitler salute to our teacher. One yelled ‘Heil Hitler’ when she came back into the room. The teacher was so shocked and tears welled up in her eyes. She is an older lady who is Jewish. Someone told us later that her parents survived the Holocaust. I really liked her, she was a great teacher, and it made me angry and sad that these boys did this and made her feel this way. No one deserves that.”

ANTI-BLACK RACISM

“So, I was hanging out with my friends at the mall one day. We were just chilling and having fun. Then a bunch of white girls come by and start getting in our business. We told them to leave us alone. Then one of the girls shouts, ‘Shut up N*****.’ I started to cry but held my tears so she couldn’t see that she hurt me, but it hurt so much and I kinda didn’t even know why. I don’t know why she was that angry, but no one should ever be called that word, ever. I never understood the power of hate behind that word until that moment. I will never forget the first time I was called the N-word sadly knowing it would not be the last.”



HOW YOU CAN USE THIS BOOK AT HOME

- Read the book with your child
- Discuss the stories and how they make you both feel
- Ask your child about situations in school and what they have experienced
- Talk to your child about their experiences with hate
- Go through activities throughout the book
- Recognize your own bias prejudice
- Discuss how your child can be an ally or an upstander

HOW DO YOU MOVE FROM BYSTANDERS TO UPSTANDERS

Five Ways to Stand Up to Hate:

1. Educate Yourself
2. Speak Up
3. Ask For Help When You Need It
4. Join Forces
5. Dig Deeper

WHY SHOULD WE CARE?

Because we all have to live together in this world; we cannot do this work alone..

Learn about your own bias and prejudice

Listen and learn from others

Tell your story

WHAT DOES THIS ALL MEAN FOR YOU?

WHAT IF YOU HAVE BEEN THE VICTIM OF HATE?

How to Cope?

Ask for Help

HOW TO REACT TO HATE

For Victims

For Upstanders

For People Who Inflict Hate

Q & A

HOW YOU CAN PURCHASE OUR BOOK

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<https://secondstorypress.ca/2023-books/what-does-hate-look-like>

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