

SPEAK UP
to
STAND UP
against
HATE

A Guide To **Preventing** Hate Speech



The Jewish Federation®
OF GREATER ORANGE COUNTY



WHAT IS A BIAS/HATE CRIME?

Bias-related incidents (commonly known as hate crimes) are behaviors which constitute an expression of hostility against the person or property of another because of the targeted person's race, religion, sexual orientation, ethnicity, national origin, gender, age, or disability.

Examples of hate crimes:

- Physical violence (beatings, use of weapons)
- Bullying
- Threats (including online)
- Phone harassment
- Hate mail (including electronic mail)
- Vandalism
- Destruction of property

EFFECTS BIAS/HATE CRIMES HAVE ON VICTIMS

- Fear of attending worship and/or wearing distinguishing religious attire or symbols
- Abstaining from publicly expressing culture or identity
- Self-censorship in school, at the workplace, in social settings, or on social media
- The need to invest in hardened security measures in public areas devoted to a specific religious people (youth programs, schools, religious buildings)
- Worry and anxiety about becoming a victim
- Avoidance of certain places



NEW YORK LEADS THE NATION IN ANTI-SEMITIC INCIDENTS

Anti-Semitic hate crimes in **New York** **↑ 90%***

Anti-Semitic hate crimes in the **U.S.** **↑ 57%***

(the largest single-year increases on record)

**2016 vs. 2017*

In New York

380

Anti-Semitic incidents reported
(the highest of any state in the U.S.)

Across the U.S.

2,000

Anti-Semitic incidents reported
(the highest number of anti-Semitic incidents since 1994)

Source: the Anti-Defamation League's 2017 Audit of Anti-Semitic Incidents. Incidents include physical assaults, vandalism, harassment, and attacks on Jewish institutions.

SPEAK UP to STAND UP against HATE



Every person has the power to make an impact. No action is too small to have widespread effects, and even the slightest effort can make a large difference. Here are some small changes you can make in your behavior to help make the world a better place:

Be UNCOMFORTABLE.

Learn to embrace discomfort, as it is a sign of personal growth. Be an active participant in the world around you by taking notice of behavior or actions you feel are wrong, harmful, or hateful. Use the discomfort as a tool to evaluate your own behavior – and the behavior of those around you.

Be BETTER.

Evening the score is never the right answer. Don't respond to hate with more hate. Instead, use the experience as an opportunity to rise above hatred and lead by positive example.

DON'T participate.

There may be times when you are not acting hateful, but are a witness to prejudice instead. While you may not be the one displaying negative behavior, you can still make a difference by refusing to participate. Don't laugh, stare, or cheer on the hateful behavior.

SUPPORT targets.

If you witness someone who is a victim of prejudice, offer them your support. Sometimes the most important thing you can do for someone who is being bullied is to let them know they are not alone.

Be a ROLE MODEL.

Behave in a way that sets an example for your friends. By refusing to use stereotypes, hateful speech, or labels, you can serve as a role model for how others should behave. Your words, whether you realize it or not, have a strong impact on the world around you. Be mindful to use your words to make a positive difference, rather than a negative one.

“The world will not be destroyed by those who do evil, but by those who watch them without doing anything.”

Albert Einstein

NOTE: The First Amendment to the United States Constitution limits the power of the government to prohibit speech, even speech that some people would consider extremely offensive. Still, we must all understand that if hateful words go unchallenged, they can escalate to acts of physical violence.

DEFINITIONS

Anti-Semitism: Hostility to, prejudice, or discrimination against Jews.

Bigotry: Intolerance toward those who hold different opinions from oneself.

Free Speech: The freedom of an individual or a community to articulate their opinions and ideas without fear of retaliation, censorship, or sanction.

Hate/Bias Crime: Behaviors which constitute an expression of hostility against the person or property of another because of the targeted person's race, religion, sexual orientation, ethnicity, national origin, gender, age, or disability.

Hate Speech: Speech that attacks a person or group on the basis of attributes such as race, religion, sexual orientation, ethnic origin, national origin, gender, gender identity, or disability.

Homophobia: Dislike of, or prejudice against homosexual people.

Islamophobia: Dislike of, or prejudice against Islam or Muslims, especially as a political force.

Misogyny: Dislike of, contempt for, or ingrained prejudice against women.

Prejudice: Dislike, hostility, or unjust behavior deriving from unfounded opinions; often directed toward people in a certain identity group (race, religion, gender, etc.).

Racism: Prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior.

Stereotype: The false idea that all members of a group are the same and think and behave in the same way.

Transphobia: Intense dislike of, or prejudice against transgender people.

Vandalism: Action involving deliberate destruction of, or damage to public or private property.

Xenophobia: Intense or irrational dislike or fear of people from other countries.

PARENTS: TEACH CHILDREN TO RISE ABOVE THE HATE

**NO CHILD is BORN with predetermined
HATRED or PREJUDICE.**

Children are molded by what they witness in the society that surrounds them. Everything a child observes, hears, and experiences influences the knowledge and opinions they form.

This is why everything a child is exposed to (name-calling, insults, bigotry) can have far-reaching effects on how they view the world, how they relate to others, and even their own self-image.

Teaching children that even subtle forms of hate are wrong, and to challenge prejudice, is the first step in preventing more extreme hatred in the future.

As a parent, you will shape your children's views, beliefs, and values through your own behavior on a daily basis. These tips can help guide you in talking to your child about fighting against prejudice and hatred:

Study YOURSELF.

The first step would be to study the one individual that is closest to you: yourself. What kind of message do you want to portray to your children about race, religion, sexual orientation, ethnicity, national origin, gender, age, or people with disabilities?

Be sure you are leading by a positive example, and be prepared for deeper conversations with your child.

Study OTHERS.

It is not enough to solely reflect on your own actions; it is also important to speak up to those around you. If there are friends or family members in your child's life who practice hateful speech or prejudice, ask them to stop. If they don't stop, explain to your child the fault in the behavior so they understand it is wrong.

DISCUSS world events.

With the internet, social media, and cell phones, it has never been more important to talk to your child about world events. Hate and bigotry are a large part of modern day news, and children who watch will imprint knowledge that will last a lifetime. Open age-appropriate dialogue with your child, and discuss their thoughts. Hate speech must be addressed head-on.

Encourage ACTION.

Teach your child that they have the power to make a difference. Educate your child on historical examples of social change, and how important even small efforts can have on a larger cause. Provide examples of ways to make those efforts.

PREPARE them.

It is a possibility that your child could be a potential victim of hate speech, prejudice, or bigotry. Prepare your child by affirming their dignity, self-worth, and importance. Help your child to understand steps they can take if they are the target of prejudice - including how to ask adults for help.

Celebrate COLORS.

Cultural diversity is one of the shining pillars of our country. Teach your child to appreciate how much they can learn and grow from those who are different than them. Teach them to value and respect diversity.

Make ROOM.

Help your child understand the importance of empathy, and that supporting or understanding another person's struggle for equality does not need to equate to a sacrifice of their own well-being.

Teach your child about the rich, diverse history of the United States, and the positive effect diversity has had in shaping our nation.

DON'T IGNORE.

Do not let your child become comfortable with applying stereotypes and labels. Address the behavior immediately, and help your child to understand the negative impact their actions can cause on other people and the world around them.

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

*Nelson Mandela,
Long Walk to Freedom*



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Developed through a cooperative effort between the
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**If you believe you have been a victim of a hate crime or know
someone who has, report the incident to law enforcement
immediately or call the Orange County District Attorney's
Hate Crime Hotline at (800) 378-1411.**



The Jewish Federation[®]
OF GREATER ORANGE COUNTY



Funded by the Jewish Federation of Greater Orange County

Since 1977, the Jewish Federation of Greater Orange County has been working to build and support a strong Jewish community. Our Zachor Anti-Semitism Initiative is committed to fighting and preventing anti-Semitism and all forms of bigotry and hatred in Orange County.