



# 100 Ways to Help End Hate

1. Give books about tolerance as gifts.
2. Shop at stores in neighborhoods that don't look like your own.
3. Help your community to get rid of graffiti.
4. Make sure your school or place of worship is physically accessible to all individuals.
5. Mow the lawn or shovel snow for neighbors who aren't capable of doing it themselves.
6. Start an annual culture fair to celebrate your community's diversity and harmony.
7. Volunteer in a shelter or soup kitchen.
8. Don't buy t-shirts with mean slogans on them.
9. Become an after-school tutor.
10. Respond to bigotry when you see it in social media.
11. Learn about the Holocaust.
12. Donate a portion of your allowance to charities that support tolerance.
13. Help a friend get out of an abusive relationship with a boyfriend/girlfriend.
14. Use your second language to translate at a local hospital or health center.
15. Read a biography about Martin Luther King, Anne Frank, Matthew Shepard or Gandhi.
16. Donate books about different cultures to your local elementary school.
17. Write a letter to your elected officials.
18. Identify and report hateful material on the web.
19. Invite someone from a different faith to attend services at your congregation.
20. Attend a rally in support of tolerance.
21. Read about a culture other than your own.
22. Write a letter to the editor of your local newspaper.
23. Learn about your own roots.
24. Celebrate a holiday that's new to you.
25. Clean up your own language.
26. Object when you hear prejudicial jokes.
27. Share or tweet anti-hate messages.
28. Use tolerance as a theme for events at your school, or religious institution.
29. Learn the definition of a hate crime and how to report one.
30. Work towards building diversity in the organizations you're involved in, like sports teams and other extracurricular activities.
31. Ask a clergy person from a different faith to deliver a sermon in your place of worship.
32. Write about tolerance on a blog.
33. Become a pen pal with someone from another country.
34. Volunteer to teach English as a second language.
35. Practice using gender-neutral language.
36. Start a gay-straight alliance club at your school.
37. Save your change and donate it to an organization that promotes tolerance.
38. Become informed about elections and vote when you're old enough.
39. Don't be silent. Speak up when you observe hateful acts.
40. Understand how the media fosters – or diffuses – a climate of hate.
41. Pray.
42. Make bake goods and give them to your neighbors.
43. Contact the media when hate crimes are not dealt with justly.
44. Take a trip outside the US.
45. Read scholarly articles about the causes of hate to understand how it develops.
46. Participate in your neighborhood's community garden project.
47. Get involved in your neighborhood association.
48. Sponsor an "I have a dream" essay contest, targeting youth who are vulnerable to hate groups.
49. Learn about legislation that addresses issues like economic inequality, immigration, or homosexuality.

50. Pick a prejudice (sexism, anti-Semitism, etc.) and learn about it.
51. Commit random acts of kindness.
52. Choose a time in history, and learn about hatred during that period. Understand what happened and how to prevent it from happening again today.
53. Recognize the symbols and agendas of hate groups.
54. Support the victims of hate crimes. Let them know you care.
55. Look inside yourself for prejudices and stereotypes.
56. Visit a public library in a neighborhood that looks different from your own.
57. Visit a museum to learn about different cultures.
58. Volunteer at a hate-ending organization in your community.
59. Help raise scholarship funds to help minorities attend college.
60. Watch *Grand Torino* or *West Side Story*.
61. Understand sexual harassment so you can identify and address it.
62. Educate your community about hate groups.
63. Help raise money for an organization that works with a demographic other than your own.
64. Encourage the arts department at your school to select plays and musicals that address bigotry.
65. Buy a meal for someone on the street asking for money.
66. Create a "bias response" team in your neighborhood for when a hate crime or bias incident occurs.
67. Take part in a dialogue group with another religion, culture or race.
68. Learn about housing discrimination so you can identify it in your community.
69. Stand up to bullies.
70. Put an anti-hate bumper sticker on your car.
71. Model kindness for your friends.
72. Start a cross-cultural book club.
73. Take an alternate route to school or work so you travel through a different part of town.
74. Avoid making judgments or assumptions about other people.
75. Invite friends from different cultures to celebrate your religious holidays with you.
76. Visit art galleries that display cross-cultural works of art.
77. Don't listen to music that promotes hatred.
78. Learn a new language.
79. Encourage people to avoid scheduling activities or events on ALL major holidays.
80. Study one of the famous civil rights speeches.
81. Organize a brown bag lunch series at your local school. Invite clergy from different religions to join the conversation.
82. Start an anti-hate poetry contest in your school.
83. Ask your clergy person to devote a series of sermons to different forms of intolerance like homophobia and racism.
84. Volunteer to provide childcare at a shelter.
85. Seek diverse friendships.
86. Start a monthly diversity night with your family. Cook an ethnic meal and discuss the ethnicity while you eat.
87. Talk to your parents and grandparents about their own biases and how they have (or have not) changed over time.
88. Raise and donate money from a bake sale to a pro-tolerance organization.
89. Thank your elected officials when they support pro-tolerance legislation.
90. Volunteer to read books at a pre-school.
91. Coach a team.
92. Grow extra produce and donate it to a food pantry.
93. Attend an ethnic or pride festival.
94. Help transport the elderly.
95. Volunteer at a community healthcare clinic.
96. Read a book on tape for a blind person or read in person.
97. Help an immigrant study for his or her citizenship test.
98. Attend a play about a different culture than your own.
99. Post something in social media that promotes tolerance every day for a week.
100. Encourage friends to donate their time at [HoursAgainstHate.org](http://HoursAgainstHate.org).