I AM A PERSON WHO WILL SPEAK UP AGAINST BIAS

RESPOND TO EVERYDAY STEREOTYPES AND BIAS

SPEAK UP AT SCHOOL

EDUCATE

QUESTION

DEAL WITH CONFLICTS

INTERRUPT

ECHO

A TEACHING TOLERANCE POCKET GUIDE

TOLERANCE.ORG
Speak up against every biased remark—every time, in the moment, without exception. Think about what you’ll say ahead of time so you’re prepared to act instantly.

Try saying “I DON’T LIKE WORDS LIKE THAT.” OR “THAT PHRASE IS HURTFUL.”

Ask simple questions in response to hateful remarks to find out why the speaker made the offensive comment and how you can best address the situation.

Try asking “WHY DO YOU SAY THAT?” WHAT DO YOU MEAN?” OR “TELL ME MORE.”

Explain why a term or phrase is offensive. Encourage the person to choose a different expression. Hate isn’t behind all hateful speech. Sometimes ignorance is at work, or lack of exposure to a diverse population.

Try saying “DO YOU KNOW THE HISTORY OF THAT WORD?”

If someone else speaks up against hate, thank her and reiterate her anti-bias message. One person’s voice is a powerful start. Many voices together create change.

Try saying “THANKS FOR SPEAKING UP, ALLISON. I AGREE THAT WORD IS OFFENSIVE AND WE SHOULDN’T USE IT.”