Live
without
HATE
When you were born, you didn't hate anyone, but can you still say that? Hate is something you learn - and you can unlearn it, too. Maybe you're thinking that you haven't learned hate, because, after all, it's not a subject that you take in school. So, how do you learn hate? And how do you know whether you do hate anyone? In the pages of this newspaper supplement, we'll take a closer look at hate - where it comes from, how it spreads and, most important, how you can stop it. The key to unlearning hate is to learn more about other people because, in this case, knowledge is the power you need to make a difference.

As Mahatma Gandhi said more than 50 years ago,

“You must be the change you wish to see in the world.”

Hate stops with you.

You can start today by promising to live your life showing respect for all people, no matter how like you or unlike you they are. Take a “tolerance pledge” showing that you are a person committed to living with dignity and peace, someone who celebrates diversity and embraces differences among people.

What is a Hate Crime?

The FBI says that any crime that results from prejudice based on race, religion, sexual orientation or ethnicity is a hate crime. The numbers are scary. In a recent year, 7,271 people were charged with 9,301 separate crimes against 9,802 victims. That means that thousands of haters committed crimes against thousands of people they hated. Think about all the lives affected by those bias crimes. And those are just the crimes that the FBI knows about. Most hate crimes are never reported to the police.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

-Margaret Mead

Hate Hurts All of Us

Every day, somewhere in the world, men, women and children are tortured and even killed because of their beliefs, their race, the way they look, or the way they live. And this will go on until the rest of the world stops being quiet and takes a stand against the hatred that causes these crimes.

Dr. Martin Luther King Jr. said, “We will remember not the words of our enemies, but the silence of our friends.”

Hate stops when you refuse to stay silent when you witness it.

Hate stops with you.
Why should people your age care about hate crimes?

Because young people commit many hate crimes but don’t think of themselves as criminals for doing so. Sometimes they are high or drunk when they commit these awful crimes, but they are also prejudiced in some way, and that prejudice blinds them to the wrongfulness of what they do. According to the American Psychological Association, some of these young people don’t see their actions as wrong or illegal because their hate makes them think that hurting people who are different is okay. And because our society accepts prejudice, they think that society will accept their actions as okay.
In March 2001, in Santee, Calif., a 15-year-old boy shot at his classmates for six minutes. He started shooting in the bathroom and moved into a courtyard. When it was all over, two boys were dead and 13 other students were hurt. What made him do it? Although no one may ever know for sure, some things are known about the shooter. He was teased and picked on at school. Why? As one 16-year-old student put it, “There’s a lot of hate around here.” Why did they hate and tease this boy? Well, why do bullies choose anyone? True, he was small and timid and fairly new to the school, but is that a reason to tease someone? Is there ever a good reason to tease someone? Maybe he did develop hatred for the bullies and for the school that couldn’t protect him or make him feel wanted. He told his friends that he was afraid of the bullies and that he wanted them to stop bothering him. He didn’t get help anywhere else, so he took matters into his own hands, along with a gun. And he didn’t understand that using a gun was the wrong way to solve the problem.

In a bizarre twist just a few days later, a 14-year-old girl in Williamsport, Pa. was leaving a memorial service honoring the students who had been shot in Santee. Moments later, she took out a gun, shot a classmate in the shoulder and then pointed the gun at her own head. People around her were able to stop her before she hurt anyone else. She, too, was a student who was teased and bullied at school. She couldn’t take it anymore and she snapped.

These stories are not meant to scare you. The fact is that school shootings are so rare that you probably will never be involved in one. But there are ways you can help make sure that such an event never happens. First, take every threat seriously, and if you hear anyone talking about bringing a gun or weapon to school, tell an adult you trust.

But what may be the most important aspect of these school shootings is the problem that causes them in the first place. Is there anything you can do about the hate and bullying that leads to these shootings? A plan could help.
What’s the Plan?

You probably know what to do at school in case of fire or bad weather or if a student is sick. That’s because your school has a plan for dealing with problems that could hurt people. But, what about a plan for dealing with hate? Does your school have one of those? Find out whether your school has rules for dealing with hate and/or bias. If your school doesn’t have an anti-bias or anti-hate policy, think about writing one and delivering it to the principal.

Your school’s hate-prevention policy should describe the types of behavior that will not be accepted and the responsibility of students and teachers to report hate crimes or incidents. It should also include the punishments for such actions. The policy should respect different viewpoints and freedom of expression. And keep this in mind: The fact that some students at school might be bullies or act out of hate does not make your school a bad place. What is important is how the school reacts to it.

In the News

Learning Standard: creating a plan of action
Developing a school policy to deal with hate is not a simple task. It requires lots of thought and planning. Use your newspaper to find an example of a policy or program that required lots of preparation. Brainstorm a list of ideas that went into the planning. Can you outline the steps necessary to reach the finished program?

Learning Standard: writing fluently
We need rules in school to set the standards for proper and acceptable behavior. Every sport has rules that need to be followed as well. Check the Sports section to find examples of rules in sports. Write down the rule and explain why it is mentioned in the newspaper.

Punchlines that pack a punch

How will you recognize hate when you meet it at school? Any disrespectful act or words that come from prejudice or bias should be unacceptable. Look around at school. Are students making fun of others because of the way they look or act, or because of their race, ethnic background, religion or sexual orientation? Are they making jokes about others for those same reasons? While the jokes may be funny and make people laugh, if the jokes stem from bias and could hurt someone, that’s not so funny.
WHAT CAN BE DONE TO STOP HATE AT SCHOOL?

Your school should have rules about disrespectful language. Those rules need to be enforced so that students who break them are punished. Check your school's handbook, if there is one, and find out what the rules are. Make sure everyone in your class knows what the rules mean and talk about them until everyone is aware.

Educate, Don’t Alienate

What can you do if some of the students at school always break the rules and say things that put others down? What if some of the students at school call others by hateful names and make fun of them? Here’s where understanding comes into play. This name-calling and these put downs come from ignorance. People who talk like that just don’t know any better. It’s best not just to yell at those people for their ignorance. That only alienates them or makes them pull further away from people. Instead, find a way to reach out to them and teach them the reasons why these words are so harmful. Don’t let hate breed more hate. Instead, find a way to turn hate into understanding. Don’t just stop hate from growing; find a way to wipe it out. If you can turn even one person from hate to understanding, that’s a huge victory in the battle for peace.

Advertise Positive Messages

Words can hurt, but words can also heal. Make posters about the power of words to bring people together or pull them apart. Put these positive messages on the walls in the hallways, in the classrooms, in the lunchroom, in the gym and auditorium. Post them on the signboards outside the building so that the community can see how your school works.

DON’T HIDE BEHIND A MASK OF HATE

If your school allows Halloween celebrations of any kind, take time first to discuss what costumes will be acceptable. Often, students wear costumes that may be offensive to others without even realizing it. A few minutes of talk about what can and cannot be worn to school will help.
Symbols of hate, such as the swastika (the Nazi symbol), or hate messages of any kind, cannot be allowed at school. When these are found on clothing, on walls, on bumper stickers, on lockers, on book covers, in tattoos or anywhere they can be seen, they should be considered unacceptable. If symbols or messages such as these cannot be removed right away, they must be covered up as soon as they are discovered.

Are there kids at your school who don’t seem to belong? Are there “weirdoes” who are just not like most other kids? Outcasts whom everyone stays away from? Kids who get picked on by other kids? Be on the lookout for kids who may be left out of things. Try talking to them and you may find they’re not so weird after all. They may just be lonely. Try to empathize, or put yourself in their place. Imagine being treated the way they are treated and you may just find a way to treat them differently. And if you are one of the kids who is left out, reach out to someone. Find at least one person you trust and with whom you can talk honestly about your feelings. If you reach out, you might be surprised to find that you make an important connection. If you don’t reach out, no one might ever know you cared.

There are things you can do to help stamp out hate at school:

- Speak out when you hear a hateful joke that puts other people down.
- Ask yourself whether you use offensive terms to describe others. If you do, stop.
- Ask yourself whether you avoid others who are different from you. Try including more types of people in your life. Learn to celebrate diversity.

“arst no man drag me down so low as to make me hate him.”

-Booker T. Washington
1. You recite the Pledge of Allegiance at school. Why not also recite a Pledge of Respect? You could have a contest at school for the writing of the pledge. It should be no longer than 35 words and should speak about your promise to show respect for all people. Recite it every day or in assemblies when large groups get together. Create posters of your pledge and hang them in the halls.

2. Hold a movie night at school showing films that express diversity and examine diversity issues. You might want to offer a series of diversity movie nights so that more people can come.

3. A poetry slam is a wonderful way to express feelings. Students can write poems or raps about diversity and take turns reading them aloud. Think about arranging to perform the works at a school-board meeting or at a parents night.

4. When new kids come to school, how are they greeted? Is there an orientation program? If not, think about writing a welcome letter for new kids and be sure to address the needs of kids of all backgrounds.

5. Find out about summer internships available for students in your area. An internship is a great way to find out about different careers open to you. Post the list somewhere in school and add to it as you find out about new openings.

6. One terrific way to learn about other people and their backgrounds is to listen to them talk. Why not organize a speakers bureau? Students of different backgrounds can sign up and offer to talk about their background and their traditions. You can also invite people from the community to speak about their heritage.

7. Do you read comic books? Do you read teen magazines? Collect some from other countries and compare them to the ones you read. How are they alike and different? Talk to your school librarian about making these available in the library.

8. While you're in the school library, check out books that tell of the experiences of different ethnic groups. Put together a special display of these books.

9. Does your school have a comedy night? Do students perform? You may want to organize a student comedy night where students take turns as stand-up comics. Comedians should pledge to use no ethnic humor.

10. Look into your school administration committees to find out whether there is student representation. If not, see whether you can find a way to make sure that student voices are heard. Maybe a group of students can take turns going to the meetings. While you're at it, find out whether your school's teams represent the diversity of the student population and, if not, find a way to encourage more diversity.
11 If there are local colleges nearby, find out about the diversity on campus. Do they have clubs or organizations for different groups?

12 Arrange for a specific location at school for diversity messages. This could be a wall space, outside or inside, where students are allowed to design graffiti promoting harmony.

13 Bumper stickers are seen by lots of people. If your school has a diversity slogan, why not have it printed on bumper stickers and sell it to raise funds for educational efforts focusing on diversity?

14 Highlight the winners. Many famous people have spoken out against prejudice. Keep a bulletin board that shows who these folks are and what they say.

15 It has been said that there is no such thing as a free lunch, but that doesn’t mean there can’t be a “freedom” lunch. Lunch is a great time for the free exchange of ideas, and it can also be a time to try new foods. Talk to your cafeteria workers about offering foods from different cultures from time to time. Restaurants in your area may be able to help.

16 If there are schools nearby with students of different backgrounds, consider arranging small group exchanges where a few kids visit each other’s school for a day.

17 The next time you’re shopping near a card shop, see if cards are offered for different ethnic groups. Write a report about the differences in the cards. It may be fun to hold an art contest at school for the design of the best greeting card to promote diversity.

18 Your local district attorney or a local police officer might be willing to visit your school and speak about hate or bias crimes in the area. Do they happen? How are they handled? Invite a speaker in and have a list of questions ready.

19 Your school calendar should include a listing of all the holidays that are important to your school population. It may be helpful to survey the students to find out what needs to be noted.

20 If your school doesn’t have a multicultural club, think about establishing one. And if you do have one, brainstorm ideas for pumping up the membership rolls.
A Safe Space for Honest Dialogue

Throughout the pages of this newspaper supplement, you’ve read about some tough topics and difficult issues. In order to help you gain a deeper understanding of some of these sensitive subjects, you might want to try holding a class meeting just to talk. A class meeting can be used to make decisions like, “What can we do about teasing at school?” or “What should be the punishment for bullying?” The point of a classroom discussion about any diversity issue is not to reach an agreement but to have a free and respectful exchange of ideas. It’s a great way to talk about similarities and differences that you all have.

First, class members should agree on a set of “ground rules” that everyone will follow. Examples of possible guidelines include a commitment to confidentiality and to respect others, a ban on the use of slurs and an agreement that only one person will speak at a time. Classroom meetings are the perfect forums for these weighty questions. It’s a good idea to set aside 20 to 30 minutes per week for these meetings. They can be held during homeroom, and the time will be well spent because you will have a chance to find out how other people think and to tell them what’s on your mind. Students who have a say about what goes on in school are more likely to respect the rules and responsibilities. As a student in the school, you do have the right to question rules and guidelines, but there is a right way and a wrong way to do this. A class meeting can be one right way to have meaningful discussion of what happens at school.

Good class meetings have rules, too. This way, everyone gets an equal chance to talk and be heard. Your teacher will be the discussion leader, and he or she may ask questions and will make sure that everyone respects the rules.
Begin by deciding what rules your class will follow. Here are some suggestions:

- Follow the rules of brainstorming. In brainstorming sessions, people call out their ideas. The idea is to encourage the free exchange of lots of ideas.
- Record ideas on the blackboard.
- No one is allowed to be judgmental in his or her remarks, tone, body language or facial expressions.
- No slurs or insults of any kind are acceptable.

For a class meeting to be successful, it should have a specific topic or question to discuss. Here are some suggestions:

- Ethnic jokes at school. Who gets hurt?
- Anti-gay attitudes at school. Is this discrimination? Are these attitudes more offensive, less offensive, or equally offensive compared to ethnic slurs?
- Stereotypes. Adults often identify middle school and high school students as teenagers. What are some of the stereotypes associated with that age group? Do those stereotypes about teenagers hurt anyone?
- Interracial dating.
- Bullying. What should you do if you see someone being bullied? What if the bully is your friend?

“In the News

“Somewhere somebody must have a little sense, and that’s the strong person. The strong person is the person who can cut off the chain of hate, the chain of evil. And that is the tragedy of hate, that it doesn’t cut it off. It only intensifies the existence of hate and evil in the universe. Somebody must have religion enough and morality enough to cut it off and inject within the very structure of the universe that strong and powerful element of love.”

-Rev. Martin Luther King Jr., African American leader and civil-rights activist

Learning Standard: understanding conflict and cooperation
Conflicts at home and school can be resolved with a free exchange of ideas. On a broader scale, national and international disputes can be also addressed with open and honest dialogue. Search your newspaper for an example of an issue or situation where the parties are communicating to find solutions. Explain the different points of view and any common ground between the participants.

Learning Standard: writing complex dialogue
Write a dialogue that could occur between two people or groups trying to settle a dispute. Then create a “rules for fairness” list that should be followed if you are arguing your case.
As you surf the 'Net, it's possible that you will come across sites that promote hate or bias. That's why it's so important to know who or what organization creates the Web sites that you see. When you do encounter a site that you think promotes bias, you can report it to your local police and they will send the information along to the proper authorities. Be sure to include:

- Copies of the Web page in question
- The URL (Internet address of a Web site or newsgroup) or e-mail addresses involved
- The date you discovered the material
- An explanation of why you believe this material promotes hate

You should also report any hate sites to the Webmaster or the server of the Web page. If you found the site using a search engine (like Alta Vista, Yahoo or Lycos), report the site to the search engine that listed it.

The Internet is an incredible source of information. It brings the world into our homes unlike any other form of communication. That's the good news. The bad news is that much of that information promotes bias. The Internet has allowed for the global free flow of ideas, and some of those ideas aren't pretty.

Free speech is encouraged in democracies such as ours, and in this country it is even protected by the Constitution. There is some disagreement, though, on whether the First Amendment right to free speech allows people to promote hate without fear of punishment. What do you think?

Hatetwatch is one organization dedicated to fighting hate on the Internet. This organization believes that the way to wipe out Internet hate promotion is to expose it. On its Web site, it offers direct links to sites that promote hate. The idea is that you can't fight what you don't know, and the more you know about groups promoting hate, the better armed you are against them. Critics of this group totally disagree with that philosophy and worry that bigots will use the site as a great place to get the information they need to promote hate and find others who feel the way they do. What do you think? Should hate speech be banned or exposed?
"We may have different religions, different languages, different colored skin, but we all belong to one human race. We all share the same basic values."
- Kofi Annan, United Nations Secretary-General

"Hatred is a feeling which leads to the extinction of values."
- José Ortega y Gasset, Spanish essayist philosopher

"It is human nature to hate the man whom you have hurt."
- Tacitus, Roman historian

"The price of hating other human beings is loving oneself less."
- Eldridge Cleaver, writer

"Violence does, in truth, recoil upon the violent, and the schemer falls into the pit which he digs for another."
- Sir Arthur Conan Doyle, author

"The less secure a man is, the more likely he is to have extreme prejudice."
- Clint Eastwood, actor

"In Germany, they first came for the Communists, and I didn’t speak up because I wasn’t a Communist. Then they came for the Jews, and I didn’t speak up because I wasn’t a Jew. Then they came for the trade unionists, and I didn’t speak up because I wasn’t a trade unionist. Then they came for the Catholics, and I didn’t speak up because I was a Protestant. Then they came for me - and by that time, no one was left to speak up."
- German theologian Martin Niemöller

"I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."
- Elie Wiesel, winner of a Nobel Peace Prize in 1986 for his work in promoting human rights

"Each person must live their life as a model for others."
- Rosa Parks, civil-rights activist

"Prejudices are what fools use for reason."
- Voltaire

"We can scarcely hate anyone that we know."
- William Hazlitt, writer
**The Good, The Bad and the Ugly**

Often, ignorance leads to hate. If you don’t know enough about others, you may think things about them that are untrue. The more we learn about each other, the less likely it is that we will develop negative ideas based on ignorance.

Look around. You’ll see that each of us is different and yet we are all alike. List the ways you and your classmates are alike and different. Sometimes our differences make us feel good about who we are, and they are a source of pride. But when we are treated badly because of who we are, that comes from prejudice. From prejudice comes stereotyping. Stereotypes are ideas and generalizations we make about people because of who they are and the groups to which they belong. Stereotypes can be negative (bad), positive (good) or neutral (neither good nor bad). For example, here are some stereotypes about smart people:

- **Positive:** All smart people are good readers.
- **Neutral:** All smart people like to read.
- **Negative:** Smart people are boring because they’re always reading.

A negative stereotype is also called a prejudice. When you act differently toward people based on a prejudice, that’s called discrimination. So, using the example above, if you refuse to hang out with smart people because you believe they are boring, that’s discrimination. If you tell jokes about them always having their noses in books, that’s discrimination. And if those jokes lead other people to believe that making fun of smart people is acceptable, it might also seem okay to shun those people - and later to hurt them physically. That would be violence resulting from prejudice.

You can see how negative thoughts lead to prejudices that in turn lead to jokes that eventually turn into discrimination and violence.

But when you use your personal power to decide for yourself how to treat others, that can lead to pride. As you examine the discriminations explained on these pages, think about how the differences between people could be sources of prejudice or sources of pride.

Discrimination based on race is called racism. Differences based on race are clear because race can usually be seen in skin color. Everyone belongs to at least one racial group and many people belong to more than one group. How many students from each racial group are in your class? How do you feel about the group(s) to which you belong? Is this a source of prejudice or pride in your life?

**Talking Points**

How would you feel if:

- You were white and all the people in your textbook were African American?
- You were American Indian and all the books, movies and stories about your people showed Indians as savages and uncivilized?
- You were a Spanish-speaking Hispanic and were told that only English can be spoken at school, even with your friends?

Can you think of anything that white people can do to stop racism? Is there anything people of color can do? Are those things the same or different?

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**Race**

**In The News**

Learning Standard: evaluating discrimination
Jokes that lead to prejudice can be damaging. Look in the comic strips and evaluate the humor there. Do you think that any of the comics could lead to discrimination? Explain your answer.

Learning Standard: organizing data
Choose one section of the newspaper. Look at the news articles and the pictures that accompany them. Also, check out the advertisements. Count the number of people in the section and fill in the chart.

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Answer these questions.

- Which groups were excluded?
- Which were included?
- If they were included, were they shown in a negative light or a positive light?

Talk about this with your class.
Another difference that causes pride and prejudice is gender. Discrimination against people based on gender—whether they are male or female—is called sexism. For a long time, people believed that men and women had to live in certain ways based on their gender. There were roles that were thought of as traditionally male and others that were considered traditionally female. Those assumptions have changed quite a bit during the past 30 years, but are they completely gone? Do you think all gender barriers have disappeared or is there still discrimination?

Another reason for discrimination is sexual orientation—homosexual (gay) or heterosexual (straight). Unlike one’s race or gender, orientation is not easily seen. Ten percent of adults are gay. That’s one out of every 10 people.

Homosexuals suffer a great deal of discrimination in jobs, in housing and in schools. They are often victims of violent hate crimes. In fact, nearly half of all gay men in a recent survey indicated that they were harassed or threatened at some time. Why? Some people are homophobic, or afraid of homosexuals. Some don’t think that living as a homosexual is proper. But, like any other discrimination, that’s wrong. And it’s illegal. You may not like the way someone lives, but that judgment does not give you the right to discriminate. In this country, civil rights guarantee every person equal rights regardless of race, religion, ethnic background or sexual orientation.

Who Are You?

So, who are you, anyway? On these pages, you read about lots of different groups to which people belong. What are some of the groups you belong to and what are the functions of those groups in your life?

“Racism is a learned affliction and anything that is learned can be unlearned.”

-Jane Elliott

Learning Standard: comparing

Compare the coverage of men’s vs. women’s sports in the Sports section. What conclusions can you draw? Then compare the job opportunities for men and women in the Help Wanted ads. What similarities and differences do you see?

Learning Standard: justifying a personal perspective

Does television do a satisfactory job representing race, religion, gender and sexual orientation? Examine the television listings and find programs that portray different groups. What is your opinion of these representations? Are these groups stereotyped? Justify your responses.
Read it! Watch it! Click it!

Here are books, Web sites and movies that will help you learn more about other people and celebrate your differences.

Books: Fiction

Only Twice I’ve Wished For Heaven by Dawn Turner Trice. A story of a young African American girl’s attempt to fit in after her family moves to a new place.

Walk Two Moons by Sharon Creech. A Native American girl tries to accept the truth about her mother.

To Kill a Mockingbird by Harper Lee. A tough and tender novel of race, class, justice, and the pain of growing up.

Ties That Bind, Ties That Break by Lensey Namioka. The story of a young Chinese girl who rebels against ancient traditions and learns the consequences.

The Outsiders by S.E. Hinton. The powerful story of the social struggle between two diverse groups in a small town.

Stargirl by Jerry Spinelli. This novel captures the not-always-pretty emotions of a high school world in which individuality is pitted against conformity.

Stotan! by Chris Crutcher. Four friends on a swim team learn about relationships while dealing with cancer, racism and physical abuse.

Books: Non-Fiction


Anne Frank: The Diary of a Young Girl by Anne Frank. The true-life diary of a young girl hiding with her family during the Holocaust.

Web sites about diversity and dealing with hate issues

Lots of sites devoted to race relations can be found at: http://racerelations.about.com/newsissues/racerelations/msubhate.htm

The Anti-Defamation League site can be found at: http://www.adl.org/default.htm

The Teaching Tolerance program of the Southern Poverty Law Center can be found at: http://www.splcenter.org/splc.html

Movies

Remember the Titans
School Ties
The Ghosts of Mississippi
West Side Story

Credits:

Written by Debby Carroll
Edited by Ken Bookman
Learning activities by Ned Carroll
Contributing editor and inspiration by Alexis Carroll
Graphic Design by Gilbert & Associates
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