

FLATTENING THE CURVE OF XENOPHOBIA

SUPPORTING YOUNG PEOPLE TO STAND UP TO HATE

Xenophobia is a fear and hatred of strangers or foreigners.
Racism is a belief that racial differences produce the inherent superiority of a particular race.
They are different, but can overlap.

This is a four-step process created by Teaching Tolerance called, "Speak Up"

www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism



INTERRUPT

Take time to stop the conversation. It shows the person you are talking to online or offline that what they have said is important enough to stop the conversation from continuing.

"Hold on... I want to go back to what you call the virus."



QUESTION

Question what the person just said in a way that is not blaming, but will continue the conversation.

*"Help me understand what you just said."
"I'm confused by something you just said."*



EDUCATE

The key to educating is to continue the conversation. It is not about telling them you are right and they are wrong. It's to explain why what they've said needs rethinking.

"It's actually not common anymore to name a disease after a people or place of origin."



ECHO

When someone else speaks up, echo them. Thank them and amplify their message anyway you can.

"Thank you for calling them out."