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 the belief that some racial groups are superior to others. They are different, but can overlap.

A four-step process created by Teaching Tolerance called “Speak Up”
https://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, whether online or offline, that what they have said is important enough to stop the conversation from continuing.
“Hold on for a second... I want to go back to what you call the virus.”

QUESTION
Question what the person just said in a way that is not inflammatory, 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 that person out.”

My Digital TAT2 is a nonprofit organization addressing one of the most challenging issues facing families today: how to build the healthy habits, critical thinking, and thoughtful online behavior necessary to integrate technology into our lives in a constructive way.

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