Finding the Balance: Countering Extremism and Combating Stereotypes

Young people are exposed to discussions of extremism every day through social media, news and overheard conversations between adults. As an educators, the topic can be challenging to teach because the situation is always changing and evolving and worse, classroom conversations can themselves lead to stereotyping, bias and bigotry when discussing perpetrators and victims.

The following resources will help you teach about extremism while ensuring that the threat is neither over- nor under-exaggerated. They include:

- strategies that discourage the reinforcement of biased ideas during discussion;
- resources to equip students to be savvy consumers of online material and propaganda;
- background information for educators and administrators on the causes and observable signs of student violence and extremism; and
- evidence-based suggestions for keeping schools safe.

Lesson Plans

**LESSON PLAN**

**Addressing Hate Online: Countering Cyberhate with Counterspeech (en Español)**

**HIGH SCHOOL**

High school students define, discuss and learn more about cyberhate and explore the role of counterspeech in being an online ally.

**LESSON PLAN**

**Anti-Muslim Bigotry and Being an Ally**

**MIDDLE SCHOOL, HIGH SCHOOL**

Middle and high school students explore the connection between anti-Muslim acts of bigotry and the misunderstandings and stereotypes about Muslim people, and identify ways they can be allies in the face of bias and discrimination.
Terrorist and extremist groups actively try to recruit new members. Teach high school students what propaganda is and how it has been used to recruit young people into extremist groups and how to counter those strategies.
EDUCATOR AND PARENT RESOURCES FOR DISCUSSING ISSUES OF EXTREMISM AND STEREOTYPES WITH YOUNG PEOPLE

MIDDLE SCHOOL, HIGH SCHOOL

Use this lesson to teach students about the Paris attacks and understand the ways in which Muslim people and Syrian refugees are being scapegoated as a result of the terrorist attacks.

LESSON PLAN

TERRORIST ATTACK IN PARIS AND SCARGEOUTING

Tools and strategies

Extreme Measures: How to Help Young People Counter Extremist Recruitment

A toolkit to support educators, parents and families in helping young people to understand and resist recruitment and radicalization by white supremacist groups and ideology.
Tools, tips and strategies for what educators and family members can do to help young people discuss and deal with the aftermath of hate-inspired events.

**Empowering Young People in the Aftermath of Hate (In English and en Español)**

Tools, tips and strategies for what educators and family members can do to help young people discuss and deal with the aftermath of hate-inspired events.

**BLOG**

**Are White Supremacists Coming for Your Teens?**

How white teenage boys are being recruited online by white supremacists and how teachers and parents can help.
Talk with your family about the dangers of "false" news and disinformation by examining the January 6 U.S. Capitol invasion and the events leading up to it. *(Ages 10 and up)*

**TOOLS AND STRATEGIES**

**The Dangers of Disinformation**

Talk with your family about the dangers of "false" news and disinformation by examining the January 6 U.S. Capitol invasion and the events leading up to it. *(Ages 10 and up)*

**TOOLS AND STRATEGIES**

**Gun Violence and Mass Shootings**
Tips and strategies for parent and family roundtable discussion with youth about mass shootings, violence, guns and gun laws. *(Ages 12 and up)*

![Image of a memorial with flowers and stuffed animals, with text credit to Bbjeter / CC BY-SA 3.0 and iStock.]

### TOOLS AND STRATEGIES

**Propaganda, Extremism and Online Recruitment Tactics**

Tips and strategies for parent and family roundtable discussion with youth about propaganda, extremism and recruitment tactics of extremist groups. *(Ages 14 and up)*

![Image of a digital wall with icons and symbols, with text credit to iStock.]
Helping Students Make Sense of News Stories about Bias and Injustice

When there are national news stories that involve incidents of bias and injustice, young people want to be part of the conversation.

Teaching Tools & Strategies

Challenging Biased Language

On a daily basis people hear and sometimes use words and phrases that demean or ridicule. Here are some strategies for responding.
Creating an Anti-Bias Learning Environment

Tips for the classroom educator to create an anti-bias learning environment.

Pyramid of Hate (en Español)

A visual of a pyramid which shows biased behaviors, growing in complexity from the bottom to the top.
Background Reading on Bias and Extremism

REPORTS

Murder and Extremism in the United States in 2018

Each year, ADL's Center on Extremism tracks murders perpetrated by all types of extremists. In 2018, every single extremist killing — from Pittsburgh to Parkland — had a link to right-wing extremism. This report provides key insights into the crimes, including motivations behind these violent attacks.

REPORTS


Read the full comprehensive report, The ISIS Impact on the Domestic Islamic Extremist Threat: Homegrown Islamic Extremism 2009-2015. In 2015, 80 U.S. residents were linked to...

REPORTS

With Hate in their Hearts: The State of White Supremacy in the United States

Read ADLs latest report, "With Hate in Their Hearts: The State of White Supremacy in the United States." This comprehensive report covers the historical roots to the modern iterations of white supremacist ideology and groups.
Other Resources

Mass Violence and Extremism Backgrounder: Information for Educators and School Administrators

This backgrounder strives to provide comprehensive information that is relevant and appropriate for all school districts. It delves into some of the causes and observable signs of student violence and extremism and provides a set of steps for schools to take that may aid in discouraging attacks. This resource is a joint project of ADL and The National Consortium for the Study of Terrorism and Responses to Terrorism.