5 Things You Can Do to Combat Hate

1. **Report a hate crime in your community**

   Newly released FBI data showed hate crimes in the U.S. jumped 17 percent in 2017 with a 37 percent spike in crimes targeting Jews and Jewish institutions. Educate yourself on the many hate symbols by reviewing our [Hate Symbols Database](https://www.adl.org/databases/hate-symbols) and report a Hate Crime or Bias-Related incident in your area.

2. **Connect with your regional ADL office**

   You can find ADL in your community or nearby. Often our national programs begin at the local level, which serves as an incubator for our best ideas. Find your [regional office here](https://www.adl.org/locations). We encourage you to reach out to discover more about what your ADL is doing to make your community respectful and inclusive — and how you can get involved. We educate teachers and students against bullying and bias, and we work with community leaders and train law enforcement personnel to understand and combat hate crimes and discrimination. Or, [share our educational resources](https://www.adl.org/resources) with Educators and Administrators at your school.

3. **Download and play ADL's original game on anti-bias, Identity Dominoes!**

   Aspects of our identity influence our daily interactions with others. [Identity Dominoes](https://www.adl.org/games/identity-dominoes) allows you to have fun with family, friends, and colleagues while exploring the things you have in common and the things that make you different from one another.

4. **Join the conversation on anti-Semitism and hate Nov. 21, 2019**

   Now more than ever, we must unite to denounce anti-Semitism and all forms of hate. Engage with key scholars and leading experts at the principal event where
people concerned about the rise in anti-Semitism and hate come together to learn, interact and be inspired to make a difference. **Register now!**

5. **Donate and don't let Anti-Semitism and Hate win in 2019**
With your gift to ADL, you are standing on the frontlines of the fight against anti-Semitism and hate. You are working to combat extremism and protect our communities - to fight for the America we all believe in. This work must continue in 2019. **Fight hate for good!**

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