

11 WAYS TO BUILD A WORLD WITHOUT HATE

1. [Be an ally](#) against bullying, bias and hate.
2. [Help stop Cyberhate](#) and build a community of respect online.
3. [Prepare to speak up](#) when you hear biased comments.
4. [Support targets of bullying and bias](#) whether you know them or not.
5. [Expose Hate](#) by reporting incidents of anti-Semitism, Islamophobia , racism, homophobia or any other incident of bias or hate to ADL.
6. [Read and encourage your children to read books](#) that promote understanding of different identities.
7. [Talk to your children](#) about race, religion and other differences.
8. [Speak out](#) against jokes and slurs that target people or groups.
9. [Contact your ADL Regional Office](#) to link up with your Members of Congress's advocacy efforts.
10. [Sign-up](#) for timely ADL resources. Make building respect part of every day.
11. [Support](#) Programs that promote respect and civility in our schools and communities.