



Combat Hate Resources

Familiarize Yourself with Social Media

Teens & Tech

<https://www.teensandtech.org/resources>

Teens & Tech is an organization funded by the Winston Family Initiative which studies teen technology use and adolescent brain development, social relationships, and health-risk behaviors. They have an extensive resource list including websites, books and podcasts on parenting in the digital age.

Boston Children's Hospital Digital Wellness Lab

<https://digitalwellnesslab.org/parents/>

<https://digitalwellnesslab.org/parents/family-digital-wellness-guide/>

The Boston Children's Hospital Digital Wellness Lab seeks to understand and promote wellness in the digital age. They provide materials focusing on different developmental stages in children, specific types of technology, and how media can affect health and well-being. The content is relevant for parents in Canada even though the organization is based in the USA.

Common Sense Media

<https://www.commonsensemedia.org/>

Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools. Every day, millions of parents and educators trust Common Sense reviews and advice to help them navigate the digital world with their children. Common Sense Media rates movies, TV shows, books, games, and more so parents can feel good about the entertainment choices they make for their kids.

Simon Wiesenthal Center – Digital Terrorism & Hate

www.digitalhate.net

The Simon Wiesenthal Center has been monitoring the proliferation of extremism online since 1986, before the advent of the internet. Since 1998, the Center has released an annual report called Digital Terrorism and Hate that explores how the internet is used by extremists to promote their ideologies and recruit individuals, often on the cutting edge of digital advances. Our research is shared with law enforcement, educators, government officials and policy makers around the world, and we regularly meet with social media platforms to provide insight on exploitation of their services by extremists and advise on responses.

Create Space for Open Discussion

Western States Center

<https://www.westernstatescenter.org/>

<https://westernstatescenter.medium.com/my-child-is-sharing-conspiracy-theories-and-racist-memes-what-do-i-say-ea1c8916d064>

Western States Center is a US-based organization that works to produce guides, toolkits and other resources that support movements for justice and freedom. They work with communities and organizations to build movements, develop leaders, shift culture, and defend democracy through a prism of race, gender, justice, and equity. The blog series linked above provides a multi-part guide for caregivers to navigate challenging conversations with young people about disinformation and even sharing hateful content online.

SPLC-PERIL Guide

<https://www.splcenter.org/peril-guide-online-youth-radicalization>

The Southern Poverty Law Center (SPLC) and the Polarization and Extremism Research and Innovation Lab (PERIL) are committed to providing resources to the people building community resilience against extremism and for a more just and inclusive society. The guide they have created for parents and caregivers is linked above, and provides excellent points for conversation with young people, warning signs and further resources for support.

Empower Young People

BEAM Collective (Black Emotional and Mental Health Collective)

<https://www.instagram.com/beamorg/>

<https://www.beam.community>

BEAM is a national training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities. They provide a wide variety of resources on self-care, boundary setting, peer support, as well as events and training opportunities.

Games and Online Harassment Hotline

<https://gameshotline.org/>

The Games and Online Harassment Hotline is a free, text message-based, confidential emotional support hotline. TEXT "SUPPORT" to 23368 to get started. We are open 3pm – 7pm (Pacific) every Monday – Friday. USA only. We created the Hotline specifically for the gaming community. Whether you're a player, a developer, a streamer, a competitor — any part of this community — we're here for you, whether that means offering emotional support or finding the referrals and resources that you need. Also available on WhatsApp.

Latinx in Gaming

<https://www.latinxingaming.com/home>

Latinx in Gaming serves as a platform to connect with Latinos across the gaming industry, promote cultural appreciation, representation in games/game-related content, and provide a platform for the Latinx community to elevate each other and themselves. They aim to provide a centralized hub for all Latinx Gaming events, projects and communities.

Stop AAPI Hate

<https://stopaapihate.org/>

In response to the alarming escalation in xenophobia and bigotry resulting from the COVID-19 pandemic, the Asian Pacific Planning and Policy Council (A3PCON), Chinese for Affirmative Action (CAA), and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate reporting center on March 19, 2020. The center tracks and responds to

incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the United States.

The Trevor Project

https://www.thetrevorproject.org/wp-content/uploads/2019/06/IG-x-Trevor-Project_LGBTQ-Safety-Guide.pdf

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is a US-based national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. This particular PDF guide was designed to support the well-being of users on Instagram, particularly focused on the LGBTQ community, but the advice is helpful for all young social media users.

Take This

<https://www.takethis.org/>

Take This is a mental health advocacy organization with a focus on the game industry and community. They provide resources, training, and support individuals and companies that help the gaming community improve its mental well-being and resilience. The organization addresses the underlying conditions that can create and perpetuate mental health challenges: stigma, harmful studio culture, harassment and toxicity, lack of diversity and accessibility, and problematic game and community design.

DoSomething

<https://www.dosomething.org/us/campaigns>

DoSomething is the largest not-for-profit exclusively for young people and social change in the world. DoSomething's millions of members represent every US area code and 131 countries. Using their digital platform, DoSomething members join their volunteer, social change, and civic action campaigns to make real-world impact on causes they care about. Previous campaigns included: "No To Hate" – members flagged white nationalist and other hateful content online; "Disrupt Racism" - Step-by-step guides to start a conversation with friends and family about how to actively be anti-racist and disrupt racism in your communities.

Media Literacy and Empathy Building

Digital Control – Consumer Reports Guide

<https://www.consumerreports.org/social-media/combat-hate-speech-and-misinformation-on-social-media/>

This guide provides detailed steps for avoiding much of the toxic content that's shared on leading social media sites, starting with the largest platforms, and working down. It also tells you how to report users or posts that violate a platform's policies.

TikTok Reporting

<https://www.tiktok.com/safety/>

<https://www.tiktok.com/community-guidelines>

TikTok has an online safety center and community guidelines dedicated to tackling issues including hate speech and cyber-bullying on their platform. They have resources for parents, guardians and caregivers.

Museum of Tolerance

www.museumoftolerance.com

The Museum of Tolerance is the educational arm of the Simon Wiesenthal Center, based in Los Angeles, California. Founded in 1993, it challenges visitors to confront bigotry and racism, and to understand the Holocaust in both historic and contemporary contexts. The website has resources for young people and families, including Holocaust education materials, recorded Holocaust Survivor testimonies, and a busy events calendar with programs exploring social justice issues.

Spread Positivity!

Kindess.org

<https://acts.kindness.org/initiatives>

Kindness.org is a nonprofit with a bold hypothesis: Kindness is the catalyst in solving the world's biggest challenges. Instead of a random act of kindness, try one of our recommended acts and let us know how it goes – including sharing a positive news story online, responding to a negative comment with positivity, and leaving a positive note for a classmate.

Peace First

<https://www.peacefirst.org/challenge>

Peace First is a 501(c)3 organization co-led by young people that empowers youth ages 13-25 to create a more compassionate, just and peaceful world by providing digital tools, community support, start-up funding and stories that celebrate their social change journeys and impact. They are a global NGO supporting youth-led projects and connecting thousands of young social change leaders from over 150 countries. Through their digital platform, Peace First offers young people ages 13-25 the skills and resources necessary to turn their ideas into action. They currently host over 19,000 young users on our digital platform and are supporting over 7,000 youth-led projects. The Peace First Challenge helps young people (ages 13-25) create and lead projects that address injustice in their community through compassion, courage and collaborative leadership. They provide mini grants, virtual training and mentorship.

Seek Support When Needed

211 LA

<https://211la.org/anti-hate-programs>

211 LA (or 211 LA County) is the hub for community members and community organizations looking for all types of health, human, and social services in Los Angeles County. In partnership with Los Angeles County's Human Relations Commission and Department of Mental Health, 211 LA hosts a hotline and live online chat for individuals who have been victims or witnesses to acts of bullying or incidents motivated by hate or discrimination to connect with services. Individuals can also self-serve by searching 211 LA's resource database for services and reporting hate incidents online.

Sikh Coalition

<https://www.sikhcoalition.org/our-work/creating-safe-schools/>

For 20 years, the Sikh Coalition has defended Sikh civil liberties in the community, courtrooms, classrooms, and halls of Congress. Whether it's working to secure safer schools, prevent hate and discrimination, create equal employment opportunities, or empower local Sikh communities, the Sikh Coalition's goal is working towards a world where Sikhs, and other religious minorities in America, may freely practice their faith without bias and discrimination.