

10 TIPS TO REMOVE HATE FROM THE DEBATE

1. Be safe

Before you respond to a hateful comment, first ask yourself – are you safe? Ensure that you are not putting yourself at risk of physical harm or exposing yourself to abusive online behaviour. Then ask yourself, are you cyber safe? Don't share personal information online, your safety is important.



2. Stay cool

Take a breath. Emotions can get the better of us. You may be tempted to reply while you are feeling angry and emotional. Give yourself time to reflect and respond in a way that makes you feel in control of the situation.



3. Humanise the situation

Make people feel heard, even if you don't agree with their opinion. Be genuinely curious about the real experiences people have had.



4. Respond to the issue

If you don't agree with someone's comment, talk about the issue and how it affects you. Don't attack the person back. They may not have boundaries, but you can try to establish some. When people feel threatened, they may not listen or might respond defensively or with further hate. Listen and respond respectfully to the issue.



5. Be open minded

Agree to disagree while always modelling your values and being curious about why someone thinks the way they do.



6. Be respectful

Telling someone they're racist, sexist, or a hater will just make them defensive. Share feedback with thoughtful consideration and a positive attitude towards others. This way we are modelling the behaviour that we expect other people to demonstrate.



7. Let people feel heard

You can't change people's thinking before you have heard their opinion. Thank people for their comments or let them know that you've heard what they had to say. If someone feels like they have been heard and respected, they are more likely to continue the conversation with a more reasoned approach.



8. Keep it simple

When you're having a discussion with someone online, don't let your point get lost by adding more to your comment than what is needed.



9. Be prepared for the response

Sometimes you may receive a positive response. Often you may not. Evaluate the situation and decide if you want to reply again. It is important not to just back away from difficult conversations. Sometimes it will take a few comments for the other person to calm down. If you think the conversation has merit and you see the attitude of the other person changing from emotional to rational, then continue the conversation. Sometimes it's best to leave a conversation if you feel unsafe or the person is getting more aggressive.



10. Debrief

Talking about it helps! So, if you've dealt with a difficult hate speech situation online, talk to someone who you feel safe with about it.



**For more information check out:
removehatefromthedebate.com**