

# #ChooseACTION to **STOP** Hate

Building a positive climate for learning and working together.

When you are a **bystander** and hear or see something hateful:

**Step 1** Stop the action.  
*"Hey! STOP!"*

**Step 2** Name it.  
*"That's a racist comment."*

**Step 3** Explain the impact/harm.  
*"When that word is used, I/we feel..."*

**Step 4** Ask the person causing harm to change their behaviour.  
*"Next time, think before you speak. Words hurt."*

**Step 5** Support the person harmed.  
*"Are you okay?"*  
*"How can I support you?"*

How will you #ChooseACTION to STOP hate?

CARING  
COOPERATIVE  
HONEST  
INCLUSIVE  
RESPECTFUL  
RESPONSIBLE