

I AM A PERSON  
WHO WILL

INTERRUPT

ECHO

TOLERANCE.ORG  
RESPOND TO EVERYDAY STEREOTYPES AND BIAS  
**SPEAK UP AT SCHOOL**

QUESTION

EDUCATE



TEACHING TOLERANCE  
A PROJECT OF THE SOUTHERN POVERTY LAW CENTER  
TOLERANCE.ORG

**SPEAK UP**  
AGAINST BIAS

EDUCATE

QUESTION

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A TEACHING TOLERANCE POCKET GUIDE

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AGAINST BIAS

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**TRY SAYING**  
“THANKS FOR  
SPEAKING UP, ALLISON.  
I AGREE THAT WORD  
IS OFFENSIVE AND WE  
SHOULDN'T USE IT.”

### TRY SAYING

If someone else speaks up against hate, thank her and reiterate her anti-bias message. One person's voice is a powerful start. Many voices together create change.

## ECHO

**TRY SAYING**  
“DO YOU KNOW  
THE HISTORY OF  
THAT WORD?”

### TRY SAYING

Explain why a term or phrase is offensive. Encourage the person to choose a different expression. Hate isn't behind all hateful speech. Sometimes ignorance is at work, or lack of exposure to a diverse population.

## EDUCATE

**TRY ASKING**  
“WHY DO YOU SAY  
THAT?” WHAT DO  
YOU MEAN?” OR  
“TELL ME MORE.”

### TRY ASKING

Ask simple questions in response to hateful remarks to find out why the speaker made the offensive comment and how you can best address the situation.

## QUESTION

**TRY SAYING**  
“DON'T LIKE WORDS  
LIKE THAT.” OR “THAT  
PHRASE IS HURTFUL.”

### TRY SAYING

Speak up against every biased remark—every time, in the moment, without exception. Think about what you'll say ahead of time so you're prepared to act instantly.

## INTERRUPT

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