

Coping with Hatred

When faced with social injustices, controversial speakers or hate messages, it may be difficult to know how to cope and what to do. Yet, we all have the power to counteract hate. Speaking up and acting in ways that are aligned with your values can take many different forms. And each step counts; small acts of self-care and ♥ LOVE can make a big difference.

Allow your voice to be heard !

Campus Resources

- Counseling & Wellness Center (CWC) - (352) 392-1575
- Multicultural & Diversity Affairs (MCDA) - (352) 392-1217
- U Matter We Care - (352) 294-2273
- Student Health Care Center (SHCC) - (352) 392-1161
- UF International Center (UFIC) - (352) 392-5323
- University Police Department - (352) 392-1111
- Office of Victim Services - (352) 392-5648

Community Resources

- Alachua County Crisis Center - (352) 264-6789
24/7 phone support
- Gainesville Police Department (GPD) &
Alachua County Sheriff - 911

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PERSONAL LEVEL: IT BEGINS WITH YOU

- ♥ **Reflect on who you are.** Explore your intersecting identities and your privileges. Recognize your own biases and stereotypes.
- ♥ **Take BAM! Best Allyship Movement.** Learn about allyship, multicultural identities, oppression, and privilege with our CWC's online training (bit.ly/uf-bam).
- ♥ **Recognize when a bias incident or hate crime happens.** Understand how it hurts everyone, leaving the community unsafe and on guard.
- ♥ **Understand that emotions are normal.** Find a healthy outlet to express emotions, such as anger and frustration.
- ♥ **Engage in intentional self-care.** Practice healthy and meaningful activities daily, like eating and sleeping well, staying physically active, and being in nature.
- ♥ **Set boundaries.** Take a break from media and social media. Avoid people and places that make you uncomfortable.
- ♥ **Listen to your instincts.** Remember that *cultural mistrust* -lack of trust in mainstream culture due to experienced and historical oppression- has been a survival strategy for marginalized groups.

INTERPERSONAL LEVEL: SPREAD THE GOODNESS

- ♥ **Tap into your resources.** Get support from allies and experts on campus who affirm your humanity, including Multicultural & Diversity Affairs (MCDA). When ready, make new connections by reaching out to people outside your own comfort zone.
- ♥ **Engage in conversations with others.** Talk about race, gender identity, religion, etc. Educate others about the negative impact of hate. Share stories of acceptance, respect and unity, and encourage action.
- ♥ **Support your community.** Volunteer and show those targeted by hate that you are with them in solidarity.
- ♥ **Seek to enhance connections.** Promote unity within your community, residence hall, student organization, or department. Organize events that celebrate differences.

INSTITUTIONAL/STRUCTURAL LEVEL

- ♥ **Work with student leaders, campus police, faculty, university officials, politicians, and others.** Address causes of hate and it's negative effect on your community.
- ♥ **Work with the media.** Communicate the impact of hate on individuals and communities to deliver thoughtful coverage.
- ♥ **Allow your voice to be heard.** Find alternative ways to speak up without giving hate speakers or protesters the attention they seek.



If you or someone you know has been a victim of a bias incident or hate crime, consider reporting it to UF RESPECT team through Stop Bias webpage.