

# Choosing Not to Hate



**'Ignorance leads to fear, fear  
leads to hate and hate leads to  
violence. This is the equation'.**

Ibn Rushd, Averroes (1126-1198)

# Why I chose to hate

- ◉ Abuse
- ◉ Bullying
- ◉ Isolation
- ◉ Protection

MASKING:



# HATE



What my friends think I do



What my family thinks I do



What I think I do



What I actually do

# Power vs vulnerability



## How can you help others leave Hate?

- Don't Judge
- The buddy system
- Be inclusive (Never Isolate)
- Reach out for support

## Further Help

