

**HOW TO BE AN UPSTANDER: AN INDIVIDUAL WHO SEES WRONG AND ACTS.**

1. **Take the pledge,** “I will not tolerate hate.” Here’s how you can turn the pledge into action:
2. **Send a card of support** to the targeted community. Google the name of the institution or clergy on the internet. To support the community in Monsey, NY send cards to: Rabbi Chaim Rottenberg, Congregation Netzach Yisroel, 49 Forshay Rd, Monsey, NY 10952.
3. **Write a letter to the editor** of your local papers to raise awareness and express your concern about the rise in hate. Have a concrete ask. Two concrete examples are: (a) make sure our community has a concrete plan to address acts of hate; (b) make sure that schools in your community have curricula that address the harmful impact of stereotypes on groups of people.
4. **Write a letter to your local and state elected representatives**. See “concrete ask” above.
5. **Avoid “othering.”** Monitor your own language and attitudes.
6. **Get help.** Contact the police, local authorities, and defense groups.
7. **Repair the act and repair the world.** If a site has been vandalized and once police have given the “all clear,” clean up the offending graffiti. Then write a letter to your local paper and explain why it’s important to respond swiftly.
8. **Speak up and speak out.** If you hear a stereotype, say something. “I know you didn’t mean harm, but that actually hurts.”
9. **Commit to becoming involved in interfaith initiatives.** We are all sisters and brothers. We are stronger together.
10. **Change the future by learning and teaching**. Be proactive. Learn about your own traditions and teach others.

**Thank you for taking a public stand against hate.**