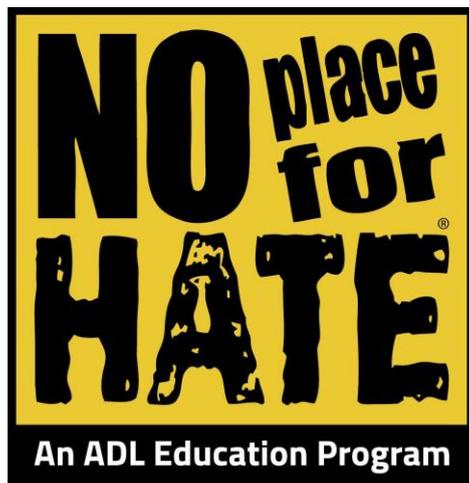


WALK AGAINST HATE

Educator Toolkit





On April 3rd, we're on the move to fight hate across the country!

ADL's Walk Against Hate is not just a walk – it's an opportunity to move as an individual, family, school or community toward a future without antisemitism, racism and all forms of bigotry.

Walking with us is just the beginning of students learning how to combat hate. Whether you attend an in person walk or want to hold your own Walk Against Hate, this tool kit provides activities and resources for educators to use to facilitate their own walk as well as activities and conversations for students to learn what how to recognize and address issues of discrimination. bias, bullying and discrimination of all kinds

If you enjoy these activities please reach out to ADL Texoma to learn more about becoming a No Place For Hate Campus to continue the learning



Could Not Make the In person Event- Bring the Walk Against Hate into Your School Community!

Suggestion 1: Hold a school-wide or district-wide competition

Which school/class can be the most active by April 3rd?

- Step 1: Assign a team captain and register your school. You can register as a single team or as multiple teams.
- Step 2: Create teams within your school with creative names. Those teams will compete together.
For example: All 1st period classes are competing against each other.
- Step 3: Ask students to track the number of steps or alternative physical activity they complete every day and populate a shared spreadsheet (see example).
- Step 4: Compare totals amongst classes or across the district!

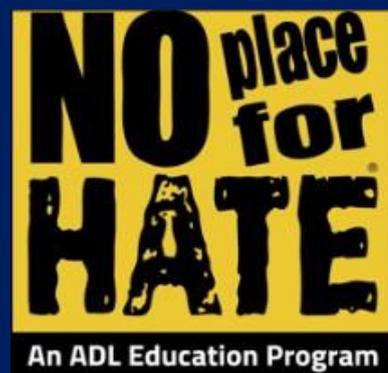
Suggestion 2: Host a Walk as a replacement for physical education class/period

In lieu of a traditional gym class, ask your students to get moving to fight hate for good!

- Step 1: Assign a team captain and register your school. You can register as a single team or as multiple teams.
- Step 2: Coordinate with your Physical Education/Health/Gym teachers to track steps or join in an alternative physical activity for the class period.

Suggestion 3: Host a Walk at your school and invite the community during the day or after school

- Step 1: Assign a team captain and register your school.
- Step 2: Create separate teams like the PTA, the band, dance team or entire grade level can have teams.
- Step 3: Select a day and ask everyone to have their team walk around a premeasured distance around the school, your outdoor track or playground.

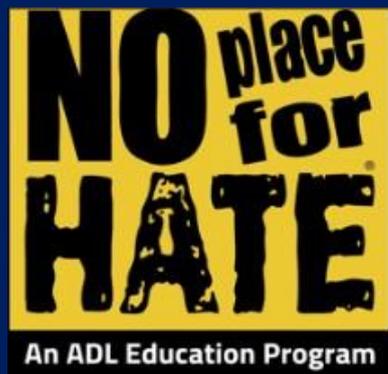


For more ideas, contact your NPFH Team.



Tips and Tools to #WalkAgainstHate

- Connect with a NPFH schools in your area!(optional)
- Find an outside walking space near your school (a track, a park) where teams can participate together in an appropriately socially distanced way.
- Create a playlist with songs you just can't help but move to! Even better, have students contribute suggestions to the playlist.
- Possible ways to track your movement:
 - Health Apps on phones & watches
 - Fitbit
 - Pedometer
 - Time – if you can't track steps, you can track minutes!



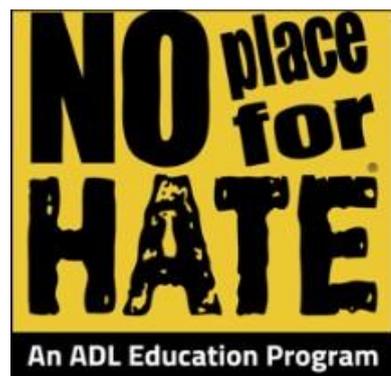
For more ideas, contact your NPFH Team



Tracking Your Activity

- ✓ Create a shared spreadsheet on your platform of choice
- ✓ Name the tab(s) with class team name(s)
- ✓ Write dates across the top row
- ✓ Write student names down the left-side column
- ✓ Share the sheet with your students or ask a student to collect entries and enter them each day.
- ✓ Remind everyone to update the sheet with their activity every day!

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1	Date	10/1	10/2	10/3	10/4	10/5	10/6	10/7	10/8	10/9	10/10	10/11	10/12	10/13	10/14	10/15	10/16	10/17	10/18
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Pre or Post Walk Lesson Plans

Suggestion #1: Create A Theme

Create a theme about combatting a type of hate. This can play into your school team name as well as your individual class names.

- Using a theme can help you:
 - Identify lessons, books or discussion questions that the school can incorporate into its curriculum.
 - Design posters, signs, and other fun add-ons to use while participating in the Walk.
 - **Some example team/class names:**
 - Fighting Cyberbullying at XXXXX School
 - Stepping Away Against Sexism at XXXX School
 - Getting Active to End Racism with Ms. Holland

Suggestion #2: One Book, One School

Select a book for everyone to read that follows your theme.

- **ADL recommended resource:**
 - [Books Matter](#)

Suggestion #3: Build Out Class/School Rules

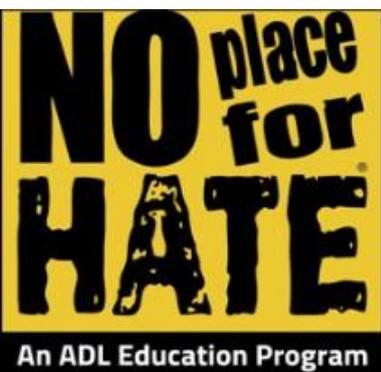
In addition to the NPFH pledge, ask your students to come up with ground rules that promote a brave space versus a safe space, establishes respect and combats hate.

- **ADL recommended resources:**
 - [NPFH 2021-2022 Resource Guide](#)
 - [Safe and Inclusive Schools for All](#)
 - [What Do Safe, Respectful and Inclusive Virtual Classrooms Look Like?](#)

Suggestion #4: Podcast & Activity

Encourage your students to get active while listening to a podcast that ties into your curriculum. When they are back in class, use the podcast as a foundation for your classroom discussion. Please be mindful of grade level for podcast selection.

- **Sample resource for podcasts:**
 - [Common Sense Education: 19 Great Learning Podcasts for the Classroom](#)



Suggestion #5: Pyramid of Hate-day by day

To take pressure off teachers and limit the amount of teaching time needed, consider using an opening prompt (“Do Now”) per day that centers around hate. Give students some time (10-15 minutes) to discuss amongst themselves what the prompt means and how it relates to the NPFH mission in their school. Here is the lesson on teaching the [Pyramid of Hate](#).

Sample Calendar of prompts:

- **Days 1 - 6: ADL Pyramid of Hate (Middle & High School)**

Each day you can focus on one part of the pyramid. Draw the pyramid on the board/ display the pyramid but cover the levels you have not discussed yet.

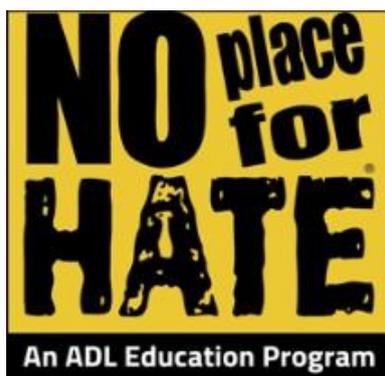
- **Day 1 – Biased Attitudes:** What do you think this means? What are some terms you think would fall into this category?
- **Day 2 – Acts of Bias:** What do you think this means? What are some terms you think would fall into this category?
- **Day 3 – Systemic Discrimination:** What do you think this means? What are some systems you think can fall into this category?
- **Day 4 – Bias-Motivated Violence:** What do you think this means? What are some actions you think would fall into this category?
- **Day 5 – Genocide:** What is genocide? What are some examples that have happened in history or are actively happening today?
- **Day 6 – Recap/ Feedback:** Now knowing the entire Pyramid of Hate, what is one thing you learned from it or wish it covered?

- **ADL recommended resources:**

- [Middle/ High School Mini Lesson](#): Students can complete by themselves through an online platform
- [Pyramid of Hate in Spanish](#): Translated pyramid

Suggestion #6: What is Ableism?

Here is the [lesson on ableism](#). What is ableism? What kinds of barriers do people with disabilities still face? What is a better name to call this event and avoid ableist language?

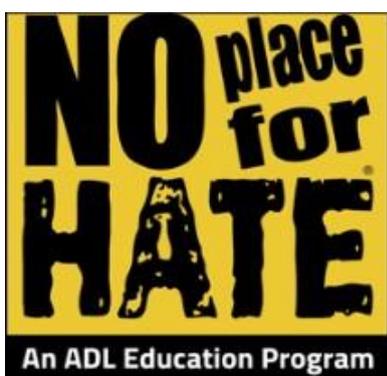


What is Ableism?

Ableism is the marginalization and/or oppression of people who have disabilities, including temporary, developmental, physical, psychiatric and/or intellectual disabilities.

The ADL Walk Against Hate is a movement and invites all participants to engage in the Walk in the way that is most comfortable and accessible to them. As alternatives to walking we invite you to:

- ✓ **Bike/Cycle**
- ✓ **Dance**
- ✓ **Do yoga**
- ✓ **Draw/Color/Chalk**
- ✓ **Form a book club**
- ✓ **Call out misinformation when and where you see it.**
- ✓ **Meditate**
- ✓ **Play hide and seek**
- ✓ **Report online hate**
- ✓ **Skateboard/roller skate**
- ✓ **Give a musical performance**
- ✓ **Stretch**
- ✓ **All of the above**



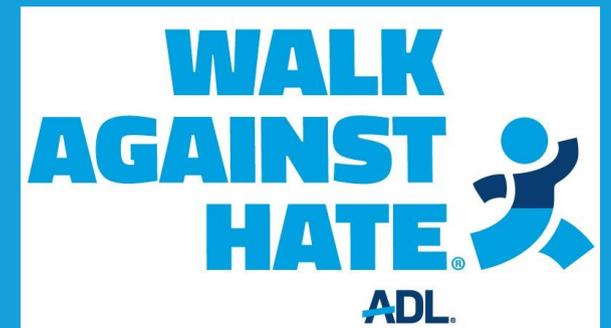
For more resources on ableism:
[Disability Glossary](#)
[Elementary Schools \(Lesson Plan\)](#)
[Middle/High Schools \(Lesson Plan\)](#)



I FIGHT HATE
FOR GOOD

ADL[®]

**I'M WALKING AGAINST
HATE FOR**



I'M SPEAKING UP AGAINST HATE

