

ACTION ITEMS

1. Pledge to Show up:

- **Volunteer** with your favorite organization and /or **reach out** to your [local ADL office](#) to learn how you can get involved.
- **Join** the fight against online hate by signing ADL's [Backspace Hate petition](#) and encourage our government to take action.
- **Demand** policy and legislation to strongly respond to incidences of hate and for better preventive education.
- **Advocate** against hate by signing a petition urging Congress to enact the [Jabara-Heyer NO HATE Act](#) and the [Domestic Terrorism Prevention Act](#).

Thoughts and prayers are not enough

2. Report:

- **Spread of hate** online by reporting it directly to social media platforms using ADL's [Cyber Safety Action Guide](#).
- **Incidents of anti-Semitism** and hate against other groups [to ADL](#) and/or local law enforcement. If you have experienced or witnessed an incident of bias, hatred or bigotry, please fill out the form on [this](#) ADL site.
- **Suspicious Activity** to the New Jersey office of Homeland Security and Preparedness' Counterterrorism watch desk through the following services:
 - **Call** 1-866-4-SAFE-NJ (866-472-3365)
 - **Email** - tips@njohsp.gov
 - **Submit** a report via the online form at www.njohsp.gov/report
 - **Download** SAFE-NJ mobile app
 - **Find additional information** on indicators and examples of suspicious activity can be found at www.njohsp.gov/njsars.

3. Educate and Accept:

- **Learn** about dissimilar cultures and religions. Spread your knowledge when confronted by incidents of hate. Educate others about your religion – invite them to a holiday celebration. Participate in and encourage activities that celebrate diversity.
- **Collaborate and respond together** creating a mosaic of responses from different groups when one group is threatened by acts of hate, bias or bigotry.
- **Participate and encourage** faith-based organizations, including community leaders and members to participate in **The New Jersey Office of Homeland Security and Preparedness** Advisory Council: www.njohsp.gov/interfaith.

4. Communicate:

- **Write letter(s)**, FB, Tweet. Help / encourage victims to speak out (no shame). We must tell the story of how these incidences impact you / your family.
- **Engage** with young people about the consequences of hate. Use these [educational resources](#) to help answer questions, or choose a book from [Books Matter](#) to share stories of bias, diversity and standing up to hate.
- **Introduce** young people and educators to ADL's educational programs, training and resources for grades PreK-12 and college/university settings. <https://www.adl.org/education-and-resources/resources-for-educators-parents-families/educational-programs-training>.

5. Simply start something new:

- Examples: Operation Understanding DC, ERacism, Gross Center for Holocaust & Genocide Studies at Ramapo College, the Rockland Holocaust Museum & Center for Tolerance and Education.