

**KICK IT OUT**

TACKLING RACISM & DISCRIMINATION

**DON'T HATE EDUCATE:  
SESSION TOOLKIT**



United Kingdom

**Youth Parliament**  
MAKING OUR MARK

# ABOUT THIS RESOURCE

The UK Youth Parliament's national campaign for 2015/2016 is Don't Hate, Educate. In November 2015, Members of Youth Parliament voted to tackle racism and religious discrimination following 95,000 young people voting it as a priority issue.

In partnership with Kick It Out, UK Youth Parliament will campaign to challenge negative attitudes around race and religion; work with others to educate their communities in order to tackle ignorance around race and religion; and promote diversity in their communities.

This resource has been produced by Kick It Out with support from its new group for young people. It will support you in running an educational session or event in your school.

There are three types of session to choose from:

- Discussion based session – where you will lead a discussion with participants
- Interactive session- using activities to engage with participants
- Presentation based session – presenting five key points to participants

You should choose a session that suits your presenting style and audience. Talk to your teacher about what session might be most appropriate. Some sessions will work better with larger numbers and some sessions will better suit the timing of your event. The session will work best if you adapt it to suit your needs. You can do this with support from your teachers, other young people and even by getting in contact with Kick It Out for more ideas. Feel free to mix and match the sessions by choosing the activities that suit you best.

The most important thing is that you keep your audience interested in the campaign and encourage them to write and share their message. The printable sheet can be found at the end of this document and should be provided for all participants.

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# HOW TO USE THIS RESOURCE

## PLANNING YOUR SESSION

1. Read this document before you decide which session to use. Talk to your teachers and anyone else who is helping you plan the session before you decide.
2. Make yourself aware of the audience size, room layout and time allocation for the session. You will need to adapt the session based on these factors.
3. Consider what parts of the session you will adapt. Remember that you can use activities from one session with activities from another.
4. Create a script for you to present with. You don't have to use the script during the session, but it will help you prepare and rehearse.
5. Choose how you will present the information provided for you in this document. You can use the [PowerPoint presentation template](#) to create a visual aid to support your delivery of the session.
6. Rehearse the session. Practice makes perfect!
7. Do your research on the 'Don't Hate Educate' campaign and its messages. It will prepare you to answer any questions from your audience. Visit the links provided on [page 12](#) of this document for more information.
8. Ensure you have done all of the preparation outlined for your session. Be ready to encourage the audience to participate in filling in their 'Don't Hate Educate' Message Sheets.

## TIPS

- You will be presenting information about a sensitive topic. If any issues arise during the session that upsets or worries you, you should speak to a teacher, your youth worker or contact Kick It Out.
- Be confident and passionate – participants will engage with you if they can see you believe in what you are saying.
- Add your own ideas and style to activities. If you use examples that are relevant to your school and surroundings, it will have more of an impact.
- Plan your session in advance, and rehearse it more than once. Make sure you are prepared for the audience. You may find it helpful to create a script based on the session outlines.
- Your introduction is key to gain the interest of the audience early on. You will be more successful if you use the introduction to express how important the campaign is to you and other young people.
- It is not your job to answer all questions, but to start a conversation about racial and religious discrimination, raising awareness of the campaign itself.
- If you are asked questions that you feel you cannot answer, try to find the answer for them after the session. Don't feel you need to have the answer to everything. If you don't know an answer; don't make it up. You can ask a teacher, contact Kick It Out or see if the answer is available in the links on [page 12](#).

# A) DISCUSSION BASED SESSION

*This session is based on presenters leading a conversation and activities with participants. The session is ideal for use in smaller groups (such as in a classroom or with a year group) but will work with a large number of participants (such as an assembly) if speakers are confident at presenting and asking the audience questions. The session will last 15-20 minutes.*

## PREPARATION:

- Before the session, research people's experiences of racism and religious discrimination. Record 2-3 accounts to share with others during the presentation.
- You will need 2-3 young people to present this session to the audience. Plan a script if you need, and split the talking and activities between presenters.
- Ensure every participant is given a copy of the 'Don't Hate Educate' Message Sheet.
- Presenters should fill in their own 'Don't Hate Educate' Message Sheet before the presentation.

## INTRODUCTION

Introduce yourselves as speakers and explain that today you will be talking to everyone as part of the national campaign - 'Don't Hate Educate'. Tell them that they are going to be helping young people across The UK work together to combat racism and other forms of hatred amongst young people. Today is not about focusing on hatred, but about celebrating the differences between us.

## PART ONE - TRUE OR FALSE QUIZ (3 MINUTES)

Introduce the quiz activity by explaining that the activity is not about checking whether they have the right and wrong answers, but about finding out their views. Ask the audience the following questions. After each question ask for a show of hands by those who think the statement is true, and then ask for those who think it is false to raise their hands. Reveal the answer straight after you have gathered the response to each question.

### 1. Equality means treating people the same.

**FALSE** - It is not always equal to treat people the same. We are all different and have different needs in order to be equal to each other.

### 2. Free speech means that you can say what you want.

**FALSE** - Free speech can be defined as 'the right to seek, receive and impart information and ideas of all kinds, by any means.' If you say anything you want it may lead to discrimination and hate crime. Hate crimes are any crimes that are targeted at a person because of hostility or prejudice that might be towards that person' race or ethnicity, religion or belief or other characteristics.

### 3. Race-related hate crimes in England and Wales have increased over the past 4 years.

**TRUE** - Every year The Home Office publishes statistics on hate crime and racist incidents in England and Wales; in 2014/2015 there was a 15% increase in Race-related hate crimes and 43% increase in Religious-related hate crimes.

Before moving on to part two, tell the audience that there are many things we all need to know in order to stop differences from causing hate. This is the purpose behind the campaign 'Don't Hate Educate'



# A) DISCUSSION BASED SESSION

## PART TWO- DISCUSSING DIFFERENCES (5 MINUTES)

For this activity, the audience will be discussing the differences between themselves and a partner.

Tell the audience they have three minutes to turn to the person next to them and find three things that are different about them. Introduce this by discussing the differences between yourself and your partner. For example "I support Liverpool and she/he supports Arsenal". After three minutes, ask two or three partners to volunteer to share their differences.

## PART THREE- DON'T HATE (5 MINUTES)

Following the last activity, ask the questions: **"Why don't we always appreciate difference? How does difference sometimes get in the way and lead to hate?"**

After these questions, arrange for the stories you have researched to be told by different people. You can use the different presenters or ask for volunteers from the audience to read the stories to everyone else. Explain that these are real stories and you want everyone to be aware of how hate has affected people in our community.

At the end of the final story ask the audience **"Do you think hate towards different races and religions is a problem?"**

**"Raise your hand if you think the answer is yes."**

**"Raise your hand if you think the answer is no."**

**Raise your hand if you are not sure."**

## CONCLUSIONS (3-5 MINUTES)

Thank everyone for participating so far. Explain that for the final activity, everyone will be given the chance to share their thoughts about 'Don't Hate Educate' based on what they have discussed today, and their own personal experiences relating to the campaign. Inform the audience that sharing their message will be a really important way for young people to work together against hatred.

Hand out enough 'Don't Hate Educate' Message Sheets for all participants (you may need extra help from teachers to do this). Before participants write their own messages and leave, tell them that your final message for them is to join you in working to against racism and other forms of hatred amongst young people. Then use your own sheets to share your message to inspire others as they write theirs.

As you are doing your presentation, consider all the points the audience has made and mention them in a quick summary. Say a final thank you to all that attended and inform them that the presentation is over when they complete their messages. Instead of collecting the sheets at the end, encourage everyone to take photographs of their sheets and share on social media with the hashtag #DONTHATEEDUCATE. Alternatively, they can give their sheet to another young person they know that did not attend the presentation.

# B) INTERACTIVE SESSION

*This session is based on three activities to engage participants. The session can work with small and large audiences. Presenters should feel confident to ask participants to interact, or ask teachers for help with guiding pupils through activities. The session will last 15 minutes.*

## PREPARATION:

- You will need 1-3 young people to present this session to the audience. Plan a script if you need, and split the talking and activities between presenters.
- Ensure every participant is given a copy of the 'Don't Hate Educate' Message Sheet.
- Presenters should fill in their own 'Don't Hate Educate' Message Sheet before the presentation.
- You may need assistance from your teachers to ensure people you ask do move to the back of the room.
- Think of your own phrases in advance to use in Part Two.

## INTRODUCTION

Introduce yourselves as speakers and explain that today you will be talking to everyone as part of the national campaign 'Don't Hate Educate'. Tell them that they are going to be helping young people across The UK work together to combat racism and other forms of hatred amongst young people. Today is not about focusing on hatred, but about celebrating the differences between us. You should mention that the session will be interactive and that you hope everyone will participate and find it enjoyable.

## PART ONE – SINGLING OUT DIFFERENCES (7 MINUTES)

For this activity, the audience will be discussing the differences between themselves and a partner. You will then use their discussion to highlight how unfair it is to treat people unfairly because of their differences

- Tell the audience they have three minutes to turn to the person next to them and find three things that are different about them. Introduce this by discussing the differences between yourself and your partner. For example **"I have brown hair, she/ he has blonde hair"**.
- After three minutes, ask for one of the partners to volunteer to share their differences.
- You can ask several partners to share their discussions but look out for a key difference such as hair colour, birth month, colour clothing etc. Once you decide on the difference you want to highlight, ask everyone in the room who has this (such as brown hair, a birthday in February) to stand up. Then ask everyone who stood up to go to stand at the back of the room. You may need to discuss this with a teacher before the session and ask for their help with making this happen.
- When the individuals reach the back of the room, ask the remaining participants what they thought about what just happened. Ask **"Is it fair to single people out because of their differences?"**
  - You can ask for an individual to answer this personally.
  - Or ask participants to raise their hand if they think it is fair, then to raise their hands if they don't think it is fair.
- Ask everyone at the back of the room to return to their seat and thank them for taking part.
- Explain that every day young people are discriminated against because of their differences, but Don't Hate Educate is about celebrating differences and bringing people together.
  - If you have more time, you can ask the people at the back of the room how it felt to be singled out.



# B) INTERACTIVE SESSION

## PART TWO- CHALLENGING HATE (3 MINUTES)

For this part of the session you will be sharing some commonly heard phrases that are hateful towards different races and religious groups. You may wish to add phrases of your own, but try **not** to use derogatory language or phrases that will offend participants. The most effective way to deliver this part of the session would be to choose phrases heard around your school (you can ask teachers what they have heard in the past).

Explain to the audience that you are about to share some phrases that they might have heard before, and then read out the phrases one after the other.

- "Muslims are terrorists"
- "Go back to your country"
- "We don't want any more immigrants"
- Add your own phrases

Ask the audience to raise their hands if they have ever heard any of these things. Tell them to keep their hand in the air if they have ever challenged someone who said these things. Ask someone with their hand up to volunteer to share how they did challenge these things, then ask everyone **"What would you do if you heard these kinds of things in school?"**

You should explain that it can be difficult to challenge hate but everyone has a responsibility to prevent people feeling excluded because of their differences.

## CONCLUSIONS (3-5 MINUTES)

Thank everyone for participating so far. Explain that for the final activity, everyone will be given the chance to share their thoughts about 'Don't Hate Educate' based on what they have discussed today, and their own personal experiences relating to the campaign. Inform the audience that sharing their message will be a really important way for young people to work together against hatred.

Hand out enough 'Don't Hate Educate' Message Sheets for all participants (you may need extra help from teachers to do this). Before participants write their own messages and leave, tell them that your final message for them is to join you in working to against racism and other forms of hatred amongst young people. Then use your own sheets to share your message to inspire others as they write theirs.

As you are doing your presentation, consider all the points the audience has made and mention them in a quick summary. Say a final thank you to all that attended and inform them that the presentation is over when they complete their messages. Instead of collecting the sheets at the end, encourage everyone to take photographs of their sheets and share on social media with the hashtag #DONTTHATEEDUCATE. Alternatively, they can give their sheet to another young person they know that did not attend the presentation.

# C) PRESENTATION BASED SESSION

*This session is based on presenters sharing five key points. It will work with a large number of participants with a shorter amount of time (such as an assembly). The session will last 15-20 minutes.*

## PREPARATION:

- Bring a print out of the 'Don't Hate Educate' logo.
- Use 1-5 young people to present this session to the audience. You can divide each of the 5 points between five people.
- If you can use a projector, you should think about creating a PowerPoint presentation using the information below. Adapt the information to your audience and choose the relevant information to include on the slides with pictures. [Click here](#) to download a template for your presentation.

## INTRODUCTION

- Introduce yourselves as speakers and explain that today you will be talking to everyone as part of the national campaign 'Don't Hate Educate'. Tell them that they are going to be helping young people across The UK work together to combat racism and other forms of hatred amongst young people.
- All presenters should hold a print out of the logo. Explain that you have five points to make during this session in order to spread the message of 'Don't Hate Educate'.

## ONE – DIFFERENCE IS GOOD

Make a thumbs up gesture. Tell the audience that 'Don't Hate Educate' is hoping to bring people from all backgrounds together regardless of their differences.

- Ask the audience to close their eyes.
- "Imagine you are in charge of designing a new world. Choose your ideal person to live in the world. You can choose a person from any area of life, famous or not famous, but think very carefully about your choice. Think about your favourite footballer, actor or actress, singer or celebrity. Or is the person your best friend or the person who has done the most for you in life?"
- "This new world is to be an ideal world. Every person in the world will be exactly like the person they have chosen – they will look the same, think the same, have the same qualities and interests, will be good at the same things, but that they will only be able to do those things. This new community of ideal people must construct the ideal new world."
- "Can your ideal people build cities with homes, schools, hospitals and shops? Grow food and farm animals? Look after people's entertainment: write books, plays, music, make films and perform? Look after all sports, playing in the teams and representing their area in the Olympics? Be politicians and run the new world, responding to emergencies?"
- "Now open your eyes. If everyone is the same, how can different things get done? There is value in the fact that everyone is unique and different."

## TWO— WHAT CAN YOU DO?

Use your second finger to point to the audience.

- Explain that it is sometimes difficult to know what to do if you witness discrimination, or it happens to you.
- Advise that you should always try to challenge discrimination when it happens and report it.





# C) PRESENTATION BASED SESSION

## THREE— REPORT IT

- Explain that it is not always easy to challenge discrimination but there are always ways to report it, wherever it takes place. Reporting discrimination is really important in preventing it from happening again. Remember that discrimination is a crime and should be reported.
- For example, **“If you witness it at school, report it to a teacher. If it happens on the street, you can report it to the police. If it happens online, report it at [report-it.org.uk](http://report-it.org.uk) and if it happens at any football match you can report it to Kick It Out”**

## FOUR — DISCRIMINATION HAS CONSEQUENCES

- Explain that discrimination affects the lives of real people. Hatred towards religious groups and different races can make every day tasks difficult and exclude them from society.
- Present the saying **“Sticks and stones may break my bones, but words will never hurt me”**. Explain it means that people cannot hurt you with the things they say about you. Ask for a show of hands of who has ever been hurt by the words someone has said about them. Tell the audience that words have power and we are all responsible for the things we say and the impact they have on others.

## FIVE — PROMISE OF ACTION

- Display all five fingers and tell the audience that we will now make a promise of action. Read out this statement or write your own: **“Educate not to hate; appreciate the differences in other people, stand up to discrimination and report it.”**
- Now ask everyone to commit to this promise by shaking hands with the people next to them.
- If you have more time, you should recap all of the previous four points before making the promise of action.

## CONCLUSIONS (3-5 MINUTES)

Thank everyone for participating so far. Explain that for the final activity, everyone will be given the chance to share their thoughts about ‘Don’t Hate Educate’ based on what they have discussed today, and their own personal experiences relating to the campaign. Inform the audience that sharing their message will be a really important way for young people to work together against hatred.

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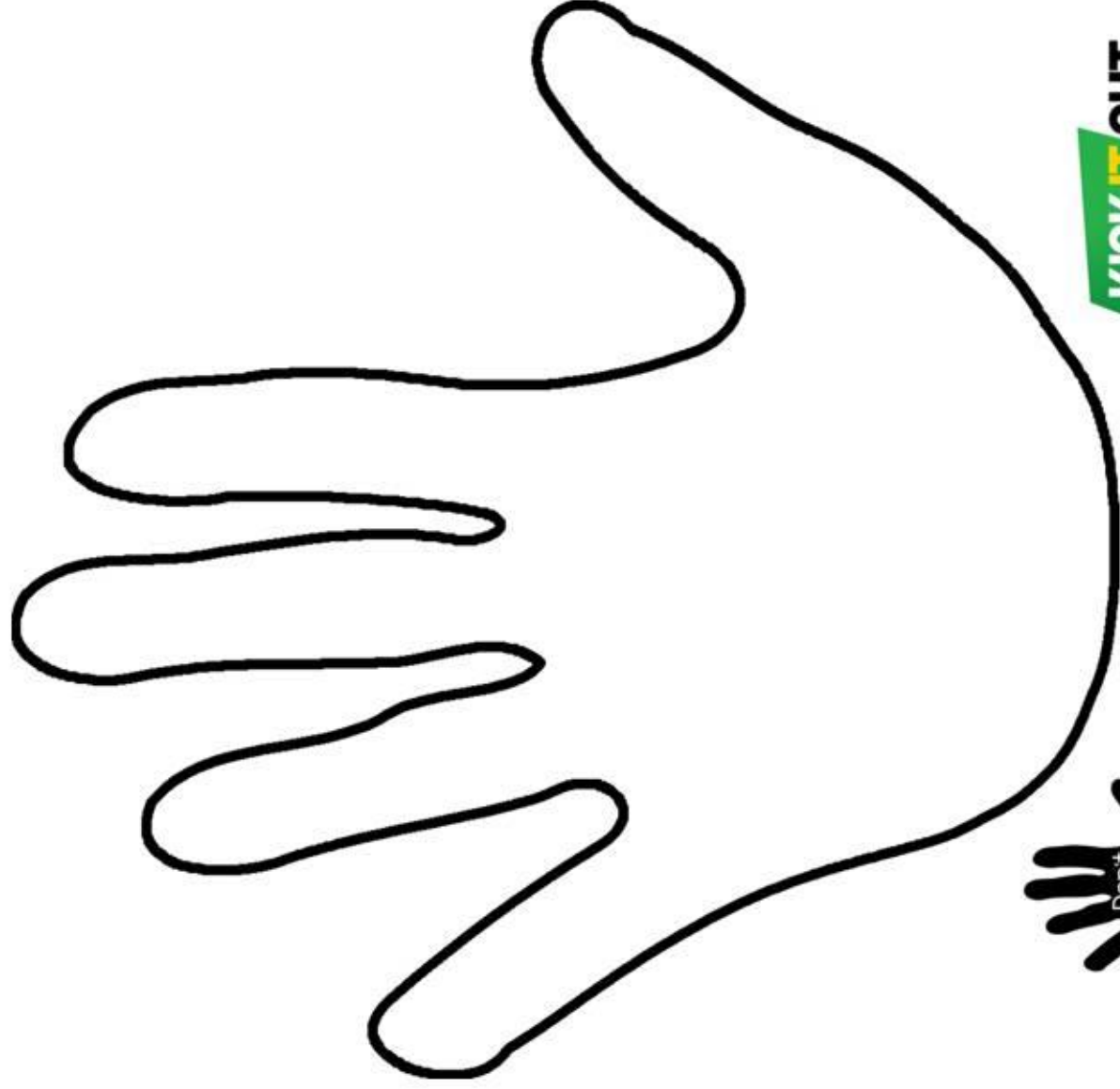
# DON'T HATE EDUCATE

THANK YOU FOR TAKING PART IN THE UK YOUTH PARLIAMENT'S CAMPAIGN 'DON'T HATE EDUCATE' IN PARTNERSHIP WITH KICK IT OUT.

GET INVOLVED WITH THE CAMPAIGN BY WRITING YOUR PERSONAL MESSAGE INSIDE THE HAND.

WHAT DO YOU WANT TO SAY TO OTHER YOUNG PEOPLE TO GET THEM TO WORK TOGETHER TO COMBAT RACISM AND RELIGIOUS DISCRIMINATION?

- WRITE YOUR MESSAGE
- MAKE IT PERSONAL TO YOUR BY ADDING YOUR OWN DECORATION AND NAME
- SHARE ON SOCIAL MEDIA USING THE HASHTAG #DONTTHATEEDUCATE
- TWEET US @KICKITOUT @UKYP



# FEEDBACK

**HOW DID YOUR SESSION GO? LET US KNOW!**

- 1. HOW MANY PEOPLE ATTENDED YOUR SESSION?**
- 2. ON WHAT DATE DID YOUR SESSION TAKE PLACE?**
- 3. WHERE DID THE SESSION TAKE PLACE?**
- 4. WHAT SESSION DID YOU CHOOSE TO USE?**

**EMAIL YOUR NAME AND ANSWERS TO FRANCESCA DANMOLE  
FRANCESCA.DANMOLE@BYC.ORG.UK**

# HELP AND SUPPORT

## KICK IT OUT

Kick It Out is football's equality and inclusion organisation.

Working throughout the football, educational and community sectors to challenge discrimination, encourage inclusive practices and campaign for positive change, the organisation is funded by The Football Association (FA), the Professional Footballers' Association (PFA), the Premier League and the Football League. In February 2016, Kick It Out launched a new group aimed at young people aged between 16-21, to advise the organisation on how to help promote the message of equality in the game and society.

### Contact

Hayley Bennett -Hayley@kickitout.org

## BRITISH YOUTH COUNCIL

The British Youth Council (BYC) is the national youth council of the UK. A youth-led charity we connect with member organisations and youth councils, to empower young people aged 25 and under, whenever they are from, to have a say and be heard. UK Youth Parliament is managed by BYC.

[Click here](#) for more 'Don't Hate Educate' resources by BYC.

### Contact

Francesca Danmole –  
Francesca.Danmole@byc.org.uk

## USEFUL LINKS

Below is a list of videos, websites and downloadable resources to give you information and inspiration to prepare you for your session.

- [Citizens Advice: Racist and religious hate crime](#)
- [YouTube video: Muslim schoolgirl's speech about islamophobia](#)
  - [BBC Advice: Racism](#)
- [BBC Bitesize video: A brother and sister talk about their experiences of racism](#)
- [CPS Race and Religion Hate Crime Educational Resources](#)
  - [Kick It Out video: Educate Not To Hate](#)
  - [Runnymede Trust: Educational Resources](#)