

SELMA

HACKING HATE

Challenge

Carry out these 12 simple actions to bring a positive change to your environment.
Choose one action per week and tick as many boxes as you can in three months!

Share your actions on social media with the hashtag #SELMA_eu
or email us to info@hackinghate.eu



SELMA Challenge
HACKING HATE

Learn some words in a new language **1**

Spend 30 minutes reading about a country you've never been to **2**

Try a meal from a cuisine you've never tried before **3**

Ask people around you how they are feeling today **4**

Think how you would feel if you were a victim of hate speech **5**

Share or like a positive message on social media **6**

Make sure your last 20 social media posts don't hurt anyone **7**

Share something about this challenge on social media **8**

Discuss with your friends (or an adult) what hate speech is **9**

Do you have a classmate you never talked to? Go and talk to him/her! **10**

Take time to really listen to someone **11**

Talk to a friend about the SELMA Hacking Hate Challenge **12**