




HATE SPEECH

Materials created within Training Course „Think before repeating and sending further" - within Erasmus + Programme

DEFINITIONS

- Hate speech is a phenomenon that involves the use of language to arouse, spread or justify hatred and discrimination, as well as violence against specific persons, groups of people, representatives of minorities or any other subject of a given statement. (source: Humanity in Action)
- Hate speech includes all forms of expression that spread, promote or justify racial hatred, xenophobia, anti-Semitism and other forms of hatred based on intolerance, including intolerance expressed in aggressive nationalism and ethnocentrism, discrimination and hostility towards minorities, immigrants and people with immigrant origin. (source: The Council of Europe)

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- Hate is a very dangerous phenomenon, which means using hate speech and showing dislike towards given social groups or people
 - Hate can be manifested not only by words, but also graphics (memes, gifs) or movies – which is , unfortunately, it is easier to remember.
 - The content added by haters has no substantive value, they are only content directed against a given person or group of people.

HATE SPEECH AND FREE SPEECH

The issue of regulating hate speech is often accompanied by a discussion on free speech. Free speech is provided for in a wide range of international, European and national documents. For example, Article 10 of the **European Convention on Human Rights** provides that everyone has the right to freedom of expression which includes the freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers.



REASONS

The most important reasons for hate on the Internet include:

- willingness to offend others,
- belief in being anonymous
- jealousy (for example, towards successful people),
- bad mood, negative emotions, accumulation of malaise,
- the existence of stereotypes and prejudices against specific social groups,
- strong political views
- dissatisfaction with his life situation.

<https://www.youtube.com/watch?v=rnbcQT-b8ak>

HATE CONSEQUENCES

Although adding a hateful post on Facebook or an online forum, or sharing the same perpetrator may seem harmless, it has huge consequences for hate victims. His/Her self-esteem decreases, she becomes less resistant to content read on the internet and begins to believe that it makes no sense to resist.

A person who is a subject of hate often suffers from insomnia, lives under constant stress, begins to be afraid of expressing his own opinion on the Internet. It may even lead to isolation of a person subjected to internet aggression from the rest of society, neurosis, depression and even suicide attempts.

HOW TO FIGHT HATE?

- The simplest and most difficult answer/solution is: **avoid reading negative reviews, especially responding to them.** There is a reason why the slogan "**don't feed the troll**" makes the career a response - aggressor even more aggressive. However, it is not easy to ignore negative comments about yourself.
- Another option is to **report the full hate of the entry to the administrator of the page**, who can not only delete the specific comment, but block the person's account. Reporters may also report hates.
- **Prevention** is also important - there are many social campaigns and workshops in the field of online violence directed primarily at young people

POSITIVE FACE OF HATE?

According to some scientists, haters expressing hatred on the Internet may protect it from escalating in the "real world". Someone who lets off their aggression by creating an online post may no longer want to repeat this behavior in reality. A person who spends a lot of time on the Internet, naturally, creates less problems in the real world, because it functions in it to a limited extent. These theses, however, do not diminish the hate's power or improve the well-being of those experiencing it.