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## CONTENT

#### I. Introduction

- 1. The importance of addressing hate speech and hate crimes
- 2. The role of youth in promoting tolerance and diversity
- 3. Goals of the e-book and how it can be used

#### II. Understanding Hate Speech & Hate Crimes

- 1. What is hate speech? Definition and real-life examples
- 2. The psychological and social impact of hate speech on victims

#### III. The Role of Social Media in Hate Speech

- 1. How online platforms contribute to spreading hate speech
- 2. Strategies for countering hate speech online
- 3. Digital literacy and responsible social media usage

#### IV. The Power of Youth in Fighting Hate Speech

- 1. The importance of intercultural dialogue and education
- 2. Youth-led initiatives that have made a difference

## V. Practical Strategies to Combat Hate Speech

- 1. Organizing local and online awareness campaigns
- 2. Tips for engaging with different communities and fostering dialogue

#### VI. Creative Approaches to Youth Engagement

- 1. Gamification techniques to teach tolerance and empathy
- 2. Using storytelling and video content to promote social cohesion

#### VII. Resources and Tools

1. Templates for campaigns and workshops

#### I. Introduction

1. The importance of addressing hate speech and hate crimes

Hate speech and hate crimes pose a serious threat to the stability and well-being of societies worldwide. Left unchallenged, they can escalate into violence, deepen social divisions, and undermine democratic values. It is essential to take action against hate in all its forms to protect human rights, ensure social harmony, and create a safer world for future generations.

At the heart of the fight against hate speech lies the fundamental principle of human dignity. Every individual, regardless of their background, race, religion, gender, or identity, deserves to be treated with respect and fairness. Hate speech seeks to strip individuals of their dignity, dehumanizing entire communities and making them targets of discrimination and violence. Addressing hate speech is not just a moral duty but a legal and ethical obligation to uphold the values of equality and human rights.

When left unchecked, it fosters an environment where intolerance grows, tensions rise, and marginalized groups face increasing levels of hostility. By countering hate speech early, societies can prevent the escalation of hateful ideologies into organized violence and crimes against humanity.



#### I. Introduction

2. The role of youth in promoting tolerance and diversity

Young people play a crucial role in shaping a more inclusive and tolerant society. As future leaders, they have the power to challenge hate speech, break down stereotypes, and foster understanding between different cultural, ethnic, and social groups. Through education, activism, and international cooperation, youth can drive meaningful change and create a world where diversity is celebrated rather than feared. Initiatives like Erasmus+ training courses, such as Unity Against Hate, provide young people with the knowledge, skills, and networks to actively promote tolerance and combat hate speech.

For example, the Unity Against Hate training course focuses on:

- Understanding the connection between hate speech and hate crimes
- Learning about intercultural dialogue and the importance of diversity
- Developing media literacy to recognize and counteract online hate speech
- Acquiring conflict resolution and peacebuilding skills
- Gaining leadership and advocacy experience to implement local and international initiatives

Through participation in such programs, youth workers, educators, and young activists become catalysts for change, sharing knowledge and strategies with their local communities.



#### I. Introduction

3. Goals of the E-Book and How It Can Be Used

This e-book is the result of the Unity Against Hate training course, held in Arcus, Romania, from December 2-8, 2024. Created by young participants from diverse backgrounds, it serves as a tool for education, awareness, and action against hate speech and hate crimes. The e-book combines research, real-life experiences, practical activities, and creative approaches to empower young people, educators, and youth workers in promoting tolerance and diversity.

#### Goals of the E-Book:

- Raising Awareness on Hate Speech and Hate Crimes
- Providing Tools to Counter Hate Speech
- Promoting Intercultural Dialogue and Inclusion
- Encouraging Digital Activism and Social Responsibility
- Supporting Educators and Youth Workers

#### How the E-Book Can Be Used:

- In Schools and Educational Institutions
- In Youth Organizations and Training Courses
- For Online Activism and Campaigns
- For Community Engagement

The *Unity Against Hate* e-book is more than just a collection of information—it is a call to action. Created by young people for young people, it aims to inspire a new generation of changemakers to stand against hate, foster intercultural dialogue, and create inclusive communities. By using this e-book in education, activism, and everyday life, we can collectively work towards a society where respect and diversity thrive.



## II. Understanding Hate Speech & Hate Crimes

1. What is hate speech? Definition and real-life examples

Hate speech refers to any form of communication—spoken, written, or symbolic—that attacks, discriminates against, or incites violence against individuals or groups based on characteristics such as race, ethnicity, nationality, religion, gender, sexual orientation, disability, or other identity factors. It can take many forms, including:

- Verbal abuse (insults, slurs, or threats)
- Online harassment (hate comments, misinformation, cyberbullying)
- Propaganda and extremist messaging
- Discriminatory policies and rhetoric

While freedom of speech is a fundamental right, hate speech crosses the line when it threatens safety, dignity, and equality. Many countries have laws against it, though definitions and enforcement vary.

Real-Life Examples of Hate Speech:



Social Media Hate Speech



Hate Speech in Schools and Workplaces



Political and Media Influence



Historical and Modern Hate Speech Leading to Violence

## II. Understanding Hate Speech & Hate Crimes

2. The psychological and social impact of hate speech on victims

Hate speech has profound psychological and social effects on its victims, extending beyond the immediate emotional response to long-term mental health challenges and societal exclusion. These impacts can vary based on the frequency, intensity, and context in which hate speech occurs.

## **Psychological Impact**

- Emotional Distress: Victims often experience feelings of fear, anxiety, humiliation, and sadness, which can lead to reduced self-esteem and self-worth.
- Depression & Anxiety: Continuous exposure to hate speech can contribute to clinical depression, post-traumatic stress disorder (PTSD), and anxiety disorders.
- Identity Crisis: Individuals targeted for their race, religion, gender, or identity may internalize negative messages, leading to self-doubt and loss of cultural or personal confidence.
- Self-Isolation: Many victims withdraw from social interactions to avoid further discrimination or humiliation.

## **Social Impact**

- Marginalization & Exclusion: Hate speech fosters division, making victims feel unwelcome in schools, workplaces, or public spaces.
- Reduced Opportunities: Victims may face discrimination in education, employment, and housing due to stereotypes perpetuated by hate speech.
- Erosion of Social Trust: Hate speech undermines social cohesion, making communities less inclusive and safe for minority groups.
- Encouragement of Violence: In extreme cases, repeated hate speech can escalate to hate crimes, fueling hostility and aggression.

Addressing these impacts requires education, strong anti-hate policies, and support systems for victims, ensuring a more inclusive and respectful society.

## II. Understanding Hate Speech & Hate Crimes

2. The psychological and social impact of hate speech on victims

Hate speech can have profound psychological and social consequences for its victims, affecting both their personal well-being and their sense of belonging within society. In the context of the "Unity Against Hate" Erasmus+ project, participants explored these impacts through intercultural dialogue and educational activities, providing a deeper understanding of the emotional toll hate speech can take on individuals and communities.

## **Psychological Impact:**

Hate speech often leads to feelings of fear, isolation, and anxiety among victims. The constant exposure to derogatory language or discriminatory remarks can result in a diminished sense of self-worth and emotional distress. Victims may experience depression, trauma, and even post-traumatic stress disorder (PTSD), particularly if they belong to marginalized or vulnerable groups such as refugees, racial minorities, or LGBTQ+ individuals. These mental health issues can persist long after the incidents of hate speech occur.

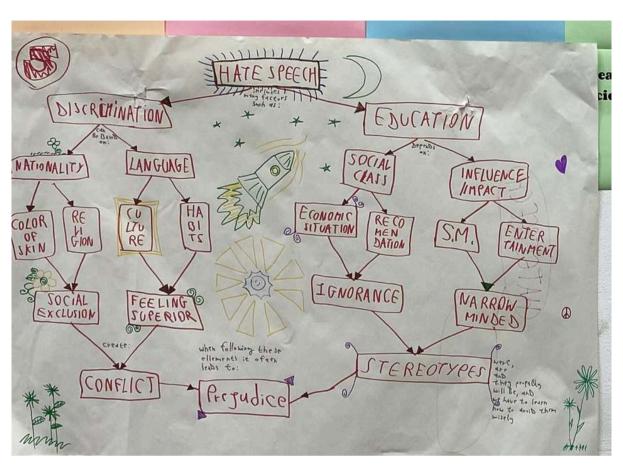
## **Social Impact:**

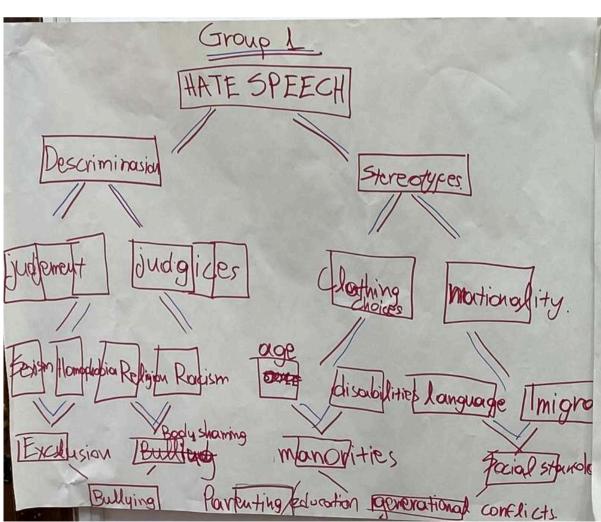
On a social level, hate speech contributes to the breakdown of community cohesion and the creation of divisions between different social, cultural, or ethnic groups. Victims may feel alienated from society or their local communities, as they are often subjected to rejection or discrimination based on their identity. The "Unity Against Hate" project specifically focused on fostering inclusivity and understanding, allowing participants to reflect on how minority groups, including gipsy, refugee, and migrant youth, experience the societal consequences of hate speech.

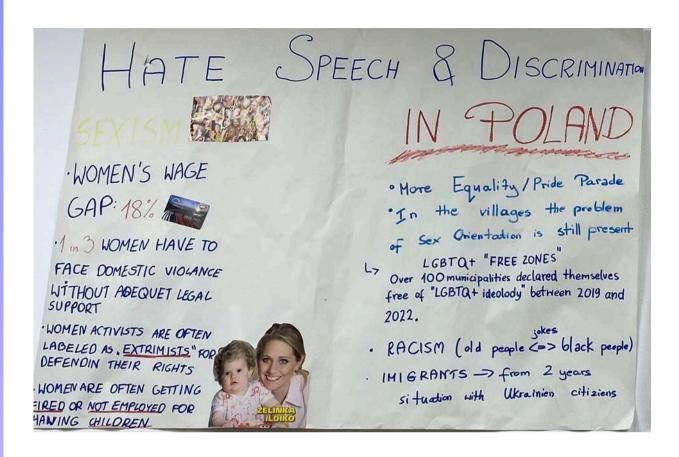
In workshops and discussions, participants recognized that combating hate speech isn't just about addressing the language used but also about supporting the victims and promoting societal unity. These insights were applied in practical activities where participants created campaigns aimed at challenging stereotypes, spreading awareness about the psychological harm caused by hate speech, and supporting those who are affected by it.

Recognizing the psychological and social impact of hate speech enables communities to take proactive measures to protect victims, offer support, and create an environment where respect, empathy, and inclusion replace hate and division. This understanding is crucial in ensuring that social media and digital spaces remain safe, particularly for those most vulnerable to hate speech.

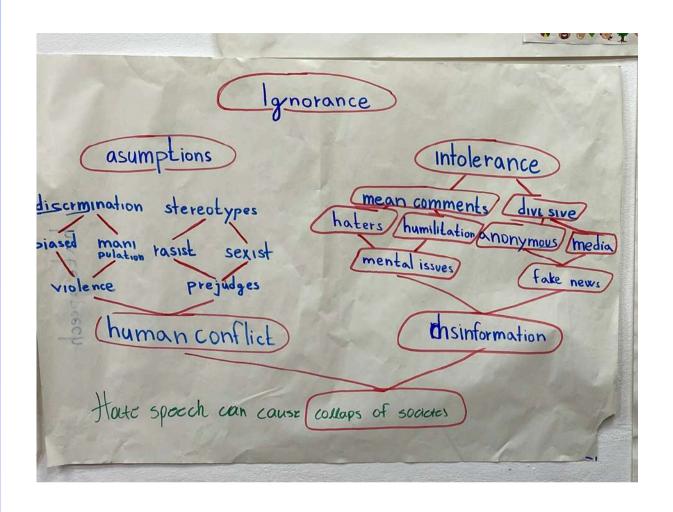
#### Our work:













## III. The Role of Social Media in Hate Speech

1. How online platforms contribute to spreading hate speech

Social media has revolutionized communication, making it easier than ever to connect with others. However, it has also become a powerful tool for spreading hate speech, often amplifying discrimination and hostility at an unprecedented scale. Various factors contribute to this issue, from platform algorithms to the anonymity of users, making online spaces both a breeding ground and an accelerator for hateful content.

One of the key reasons social media facilitates the spread of hate speech is anonymity and lack of accountability. Many users create anonymous profiles, allowing them to express hateful views without facing real-world consequences. This often emboldens individuals to post discriminatory or offensive content they might otherwise suppress in face-to-face interactions.

Additionally, algorithmic amplification plays a major role in escalating online hate. Social media platforms are designed to prioritize content that generates engagement—likes, shares, and comments. Unfortunately, controversial or hateful posts often provoke strong reactions, causing them to spread rapidly. As a result, divisive and harmful content is pushed to wider audiences, sometimes even reaching mainstream discourse before platforms intervene.

Another contributing factor is the formation of echo chambers and radicalization networks. Social media enables people to interact primarily with like-minded individuals, reinforcing their existing beliefs while excluding opposing perspectives. This creates an environment where intolerance thrives, as users are continuously exposed to biased narratives and misinformation. Hate groups exploit these dynamics by using social media to recruit members, spread propaganda, and normalize discrimination.

Despite efforts to curb harmful content, challenges in moderation and enforcement remain significant. While most platforms have policies against hate speech, enforcement is often inconsistent. Automated moderation tools struggle to detect context, irony, or coded language that users employ to bypass detection. Furthermore, platforms may be reluctant to take strict action due to concerns about free speech or losing user engagement.

Misinformation also plays a crucial role in fueling online hate. False narratives and conspiracy theories targeting specific communities can spread rapidly, leading to increased discrimination, hostility, and even real-world violence. Hate speech disguised as "news" or "opinion" can manipulate public perception and deepen societal divisions.

To combat the spread of hate speech on social media, platforms must take a more proactive approach, improving content moderation, enforcing policies consistently, and promoting digital literacy to encourage critical thinking among users. Additionally, governments, educators, and civil society must work together to foster responsible online behavior and create legal frameworks that protect individuals from online hate while balancing freedom of expression.

Acknowledging and addressing these issues helps create a safer, more inclusive digital environment, ensuring social media remains a tool for connection instead of division.





## III. The Role of Social Media in Hate Speech

2. Strategies for countering hate speech online

In today's digital age, hate speech has become a pressing issue, spreading negativity and division across online platforms. Combating this problem requires a thoughtful and strategic approach that promotes respectful discourse while discouraging harmful rhetoric.

One of the most effective ways to counter hate speech is through positive counter-speech. Instead of responding with anger or hostility, using respectful and fact-based arguments can help challenge harmful narratives. Humor and satire can also be powerful tools to defuse tension and expose the flaws in hateful rhetoric. Additionally, amplifying messages of inclusion, tolerance, and empathy can help shift the online conversation towards a more positive direction.

Another crucial step is to report and remove hateful content. Most social media platforms have guidelines against hate speech and provide reporting tools to flag violations. Engaging with platform moderators and administrators can help ensure that offensive content is reviewed and removed when necessary. Advocating for stronger content moderation policies can also contribute to a safer online environment.

Education and awareness play a significant role in addressing the root causes of hate speech. Providing factual information to debunk misinformation, promoting digital literacy, and supporting campaigns that encourage inclusivity can help people recognize and reject harmful narratives.







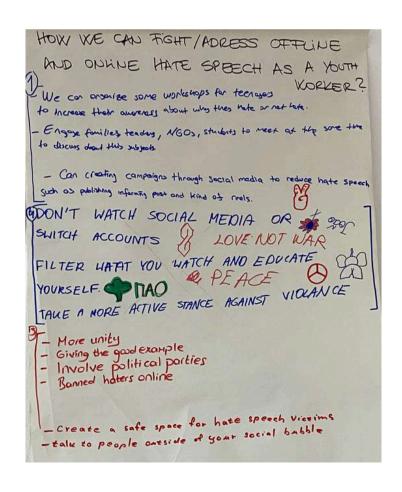
When encountering hate speech online, engaging in constructive dialogue can sometimes be effective. Asking open-ended questions and encouraging self-reflection may lead individuals to reconsider their views. However, it is essential to assess the situation carefully, as some individuals may not be open to discussion, and direct confrontation can sometimes escalate hostility.

Supporting victims and affected communities is equally important. Expressing solidarity, amplifying marginalized voices, and connecting victims with resources or support networks can help counter the emotional and psychological toll of online hate.

Strengthening online communities by fostering inclusive and respectful spaces is another vital strategy. Establishing clear community guidelines, encouraging positive interactions, and promoting a culture of mutual respect can make online spaces safer and more welcoming for everyone.

Finally, advocating for policy and legal actions is essential in addressing hate speech at a systemic level. Supporting regulations that strike a balance between freedom of expression and the prevention of harm, working with organizations that combat online hate, and reporting severe cases that incite violence to authorities can all contribute to long-term solutions.

Combining strategies such as counter-speech, reporting, education, dialogue, support, community-building, and advocacy can help create a digital space that promotes respect, inclusion, and meaningful conversation, ultimately reducing the impact of hate speech online.



## III. The Role of Social Media in Hate Speech

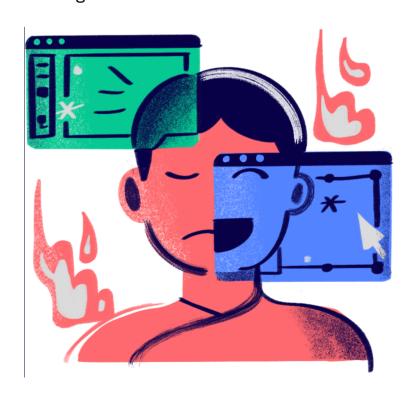
3. Digital literacy and responsible social media usage

In the fight against online hate speech, digital literacy and responsible social media usage play a crucial role. Many individuals unknowingly contribute to the spread of harmful content due to a lack of awareness about misinformation, biased narratives, and the consequences of online interactions. Strengthening digital literacy can empower users to critically evaluate content, recognize hate speech, and respond appropriately.

Digital literacy involves the ability to analyze, question, and verify online information. Users should be encouraged to fact-check sources, recognize manipulation tactics, and differentiate between free speech and harmful rhetoric. Understanding how algorithms amplify divisive content can also help users navigate social media more responsibly.

At the same time, responsible social media usage emphasizes the ethical and mindful participation in online discussions. Users should be aware of the impact of their words and actions, avoiding the spread of hate, misinformation, or harmful stereotypes. Engaging in constructive dialogue, reporting harmful content, and supporting positive initiatives can help create a safer and more inclusive online environment.

Social media platforms and educational institutions should prioritize digital literacy programs, equipping individuals—especially younger users—with the skills to critically engage with online content. By fostering informed, respectful, and ethical social media behavior, we can collectively reduce the prevalence of hate speech and contribute to a more responsible digital culture.



## IV. The Power of Youth in Fighting Hate Speech

1. The importance of intercultural dialogue and education

Young people play a crucial role in combating hate speech by promoting understanding, tolerance, and inclusivity. One of the most effective ways to achieve this is through intercultural dialogue and education, which fosters empathy, reduces prejudices, and builds bridges between diverse communities.

Intercultural dialogue encourages open conversations between individuals from different cultural, religious, and ethnic backgrounds. By engaging in respectful discussions, young people can challenge stereotypes, correct misinformation, and develop a broader perspective on global issues. Schools, youth organizations, and online platforms can facilitate these interactions through exchange programs, multicultural events, and digital forums.



Education is a key tool in preventing hate speech. By teaching critical thinking, media literacy, and the historical impact of discrimination, young people can learn to identify and reject harmful narratives. Inclusive curriculums that emphasize diverse cultures, human rights, and ethical communication help cultivate a more tolerant generation. Through intercultural dialogue and education, young people can become ambassadors of peace, using their voices to challenge hate speech, foster mutual respect, and contribute to a more united and inclusive society.

## IV. The Power of Youth in Fighting Hate Speech

2. Youth-led initiatives that have made a difference

One inspiring example of youth activism against hate speech is the Erasmus+ project "Unity Against Hate", organized by StartUp HUB. Held from December 2 to 8 at the European Studies Centre in Arcuş, this event brought together 42 young people from 10 different countries—Italy, Romania, Portugal, Turkey, Hungary, Greece, Slovakia, the Netherlands, the Czech Republic, and Poland.

The project aimed to equip participants with intercultural skills to help them confront hate speech with greater empathy and awareness. A particular focus was placed on understanding the experiences of minority groups, including gipsy, refugee, and migrant youth.

Throughout the program, participants engaged in interactive and creative activities designed to promote inclusion and counter discrimination. They developed an anti-hate speech campaign, using collage techniques to create impactful visual messages. They also visited the "GAL Sepsi" Association, where they gained valuable insights into the challenges faced by the gipsy community. Additionally, several workshops helped participants develop intercultural communication skills through hands-on learning.

Reflecting on the experience, Diletta from Italy shared:

"Through workshops, discussions, and team-building activities, we learned to value diversity, challenge stereotypes, and promote respect. For me, this experience is more than personal development – I have become part of a collective effort to build a more inclusive and united Europe, where differences do not divide us but bring us closer together."

The impact of "Unity Against Hate" extends beyond the event itself. Participants returned to their home communities with practical knowledge and strategies to combat hate speech. By applying what they learned, they contribute to fostering cultural sensitivity, tolerance, and a more empathetic society, proving that young people have the power to create real change in the fight against hate speech.



## V. Practical Strategies to Combat Hate Speech

1. Organizing local and online awareness campaigns

One of the most effective ways to combat hate speech is through awareness campaigns that educate and engage communities, both online and offline. These campaigns help spread messages of tolerance, challenge harmful narratives, and encourage individuals to take a stand against discrimination.

At the local level, organizing events such as workshops, panel discussions, and public forums can foster meaningful conversations about hate speech and its impact. Schools, community centers, and youth organizations can host activities like debates, storytelling sessions, and art exhibitions to promote inclusion and diversity. Street campaigns, posters, and educational materials can further raise awareness and reach a wider audience.

In the digital space, social media serves as a powerful tool for spreading anti-hate messages. Online campaigns can include hashtags, videos, infographics, and testimonials that highlight the effects of hate speech and promote respectful dialogue. Youth-led initiatives, influencers, and advocacy groups can collaborate to amplify positive messages and counter hate speech with factual and empathetic responses.

Successful awareness campaigns often combine education, creativity, and community engagement. By empowering individuals to recognize and challenge hate speech, these initiatives contribute to a more informed, inclusive, and respectful society, both online and offline.



## V. Practical Strategies to Combat Hate Speech

2. Tips for engaging with different communities and fostering dialogue

Engaging with different communities and fostering dialogue is a powerful way to combat hate speech and promote mutual understanding. Meaningful conversations help break down stereotypes, encourage empathy, and create inclusive environments where diverse perspectives are respected.

A key approach is to engage with respect and open-mindedness. Listening actively, acknowledging cultural differences, and using inclusive language ensure that all voices are heard and valued. Creating safe and inclusive spaces—whether through community forums, online discussions, or structured dialogue sessions—encourages people to express their thoughts freely while maintaining respectful communication.

Tailoring communication to different audiences is also essential. Using accessible language and real-life examples helps bridge gaps between different age groups, backgrounds, and communities. To further encourage connection, arts, media, and cultural events can be used as powerful tools. Film screenings, exhibitions, music, and storytelling projects provide creative ways to share diverse experiences and promote unity.

Collaboration with community leaders and organizations enhances the impact of engagement efforts. Local activists, educators, and cultural leaders can help build trust within communities, while partnerships with NGOs and advocacy groups bring valuable expertise in diversity and inclusion initiatives.

Conflict resolution is another crucial aspect. When disagreements arise, fostering constructive dialogue rather than confrontation is key. Asking open-ended questions, focusing on common ground, and using mediation techniques can help navigate sensitive discussions effectively.

An inspiring example of fostering intercultural dialogue was the Erasmus+ project "Unity Against Hate", organized by StartUp HUB at the European Studies Centre in Arcuş. Held from December 2 to 8, the project gathered 42 young people from 10 different countries—Italy, Romania, Portugal, Turkey, Hungary, Greece, Slovakia, the Netherlands, the Czech Republic, and Poland.

The main aim of this project was to help participants develop intercultural skills, enabling them to address the challenges of hate speech with greater empathy and awareness. Special attention was given to minority groups, including gipsy, refugees, and migrant youth.

Throughout the project, participants engaged in educational and interactive activities. They developed an anti-hate speech campaign, creating posters using collage techniques to visually express their messages. A visit to the "GAL Sepsi" Association provided insight into the challenges faced by the gipsy community, fostering deeper understanding and empathy. Additionally, several workshops equipped participants with intercultural skills, enabling them to engage more effectively in diverse social environments.

Applying these strategies—respectful engagement, inclusive dialogue, creative initiatives, and hands-on education—helps communities develop greater cultural sensitivity and actively combat hate speech. Empowering individuals with the right tools and experiences fosters a more open, tolerant, and empathetic society.







## VI. Creative Approaches to Youth Engagement

1. Gamification techniques to teach tolerance and empathy

Gamification is an effective way to teach tolerance and empathy by making learning engaging, interactive, and impactful. Through role-playing games, players experience different perspectives, fostering understanding of diverse backgrounds. Simulation games allow users to navigate real-world social challenges, promoting empathy by placing them in marginalized individuals' shoes.

Story-driven games with moral decision-making encourage players to reflect on bias and discrimination. Point-based reward systems in educational platforms can motivate positive social behaviors, while collaborative challenges teach teamwork and inclusivity.

Integrating game mechanics into education and awareness campaigns makes gamification an engaging tool for fostering a more inclusive and respectful society.









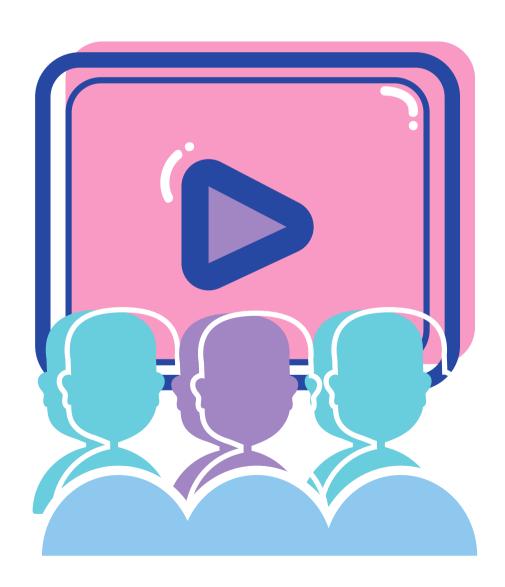
## VI. Creative Approaches to Youth Engagement

2. Using storytelling and video content to promote social cohesion

Storytelling and video content are powerful tools for fostering social cohesion by creating emotional connections and promoting understanding. Personal stories help humanize social issues, allowing people to see beyond stereotypes and relate to different perspectives.

Documentaries, short films, and animated videos can highlight real-life experiences of marginalized groups, raising awareness about discrimination and encouraging empathy. Social media campaigns featuring authentic narratives, testimonials, and interactive discussions can amplify messages of tolerance and inclusion.

Leveraging the emotional impact of storytelling and the accessibility of video content allows communities to challenge hate speech, bridge divides, and inspire positive social change.



#### VII. Resources and Tools

1. Templates for campaigns and workshops

Creating effective campaigns and workshops to combat hate speech requires structured planning and the right resources.

## **Workshop Template**

TITLE: Unity Against Hate

## Objective:

To educate participants about the impact of hate speech, promote empathy, and empower them to engage in positive, inclusive dialogue.

Audience:

Youth (ages 15-25), community members, educators, and youth workers.

#### Materials Needed:

- Projector and screen for presentations/videos
- Handouts with key points and discussion questions
- Markers, flip charts, or whiteboard
- Art supplies for creative activities (paper, colored pencils, markers)
- Online survey tool (for feedback)

#### Activities:

- 1. Introduction & Icebreaker (15 minutes)
  - Briefly introduce the topic and objectives of the workshop.
  - Icebreaker activity: Participants share their favorite quote about kindness or inclusion.
- 2. Understanding Hate Speech (30 minutes)
  - Short presentation on what hate speech is, its forms, and its impact on society.
  - Group discussion: "Have you witnessed or experienced hate speech? How did it make you feel?"
  - Case study: Review examples of hate speech and discuss how they could have been handled differently.
- 3. Empathy Mapping (20 minutes)
  - Group activity: Use an "Empathy Map" to explore the experiences of marginalized groups (e.g., refugees, racial minorities).
  - Participants work in groups to create a visual representation of a person's thoughts, feelings, and challenges.

- Role-Playing (25 minutes)
  - o Divide into small groups and role-play scenarios where participants practice responding to hate speech in a respectful and constructive way.
  - After each role-play, the group discusses what worked well and alternative approaches.
- Campaign Planning (30 minutes)
  - Group activity: Participants work in teams to create a miniawareness campaign against hate speech.
  - The campaign can include posters, social media posts, or slogan ideas.
- Reflection & Discussion (20 minutes)
  - Open discussion: What can we do as individuals to combat hate speech in our communities?
  - Share personal commitments: Each participant shares one action they will take to challenge hate speech.

#### Facilitator Instructions:

- Ensure the environment is inclusive and safe for all participants.
- Encourage open discussion and respect for differing opinions.
- Guide role-playing sessions and ensure each group receives feedback.
- Monitor time to ensure all activities are covered.

#### **Evaluation:**

- At the end of the workshop, participants complete a short survey to reflect on their learning experience and provide feedback on how to improve future workshops.
- Include questions like: "What did you learn today?", "How will you apply this in your community?", and "Rate the workshop's effectiveness."

This workshop template can be customized based on the needs of the group, making it a flexible and interactive approach to tackling hate speech and promoting unity.





# CAMPAIGN for addressing AGAINST HATE SPEECH AND HATE CRIME

Overall campaign message:
Campaign start date:
Campaign end date:
What change do you want (short and long term):

## Identifying your audience/target

Who do want to talk to this campaign?

Why?

Where are they interested is?

Overall campaign goal:

Why would they engage in your campaign?

What do you know about their lifestyle? Where they live? Married. Single, kids? Where do they work? What do they struggle with?

#### Choose the media

Social Media I could use for this campaign:

Traditional Media I could use for this campaign:

## Choose the most appropriate method

- Direct action (non-violent protest actions):
- Political lobbying:
- Public demonstrations/festivals/manifestations:
- Education:
- Media:
- Other:

#### The campaign Action Plan

ACTION	MEDIA	BY WHOM	WHEN	EXPECTED RESULTS

# Campaign Communication Plan

COMMUNICATION	DATE	BY WHOM	MEDIA	EXPECTED RESULTS



