

In Your Community

- 1 Evaluate alternative accessibility routes** such as ramps, stairs, and elevators in your community and invite speakers into your school and community groups to talk about such initiatives.
- 2** Go to the City of Denver's website to find local and state wide events, festivals, parades and cultural events to attend or participate in: <http://www.denvergov.org/specialevents/PermittedEventsDenver/tabid/428857/Default.aspx>
- 3 Collect traditional family recipes** from local residents for a community cookbook. Solicit ads to support the cost of reproducing and distributing the book as part of a "welcome wagon" program for new residents.
- 4 Call or write your state and U.S. senators and representatives** and ask them to support and promote anti-prejudice and pro-diversity themes in public policies.
- 5** Think globally, Act locally! Visit the **Colorado Coalition for Genocide Awareness and Action's** Web site www.ccgaa.org and get involved.
- 6 Get Involved!** Attend your local city council, homeowner's association and local school board meetings, and ask them to support and promote pro- diversity themes.
- 7 VOTE.**
- 8** Attend ADL's Mountain States Regional Office's **27th Annual Governor's Holocaust Remembrance Program**, in Denver on April 21, 2009. Free tickets are available by calling ADL (303-830-7177) or visiting <http://mountainstates.adl.org>.
- 9** Distribute **Positive Impact! booklets in your neighborhood**, or to your homeowner's association. Contact ADL (303-830-7177) for FREE copies of *Positive Impact!*
- 10** Provide law enforcement with anti-bias, extremism and hate crime trainings. Visit www.adl.org/learn for information and resources.
- 11** Meet with community librarians and local bookstores to discuss ways to **highlight different types of literature** that is representative of all cultural groups.
- 12** Organize a "**Get to Know Your Neighbors**" night, BBQ or potluck in your neighborhood.
- 13** Research your town or **community's involvement in struggles for civil and human rights throughout history** (e.g., abolition, the civil rights movement, the women's rights and gay rights movements) and create an exhibit for the local library or town hall.
- 14** Sign up for a decent-led tour to **learn about history, nature and the environment at Babi Yar Park** (located at Yale and Havana Streets in Southeast Denver). Contact the Mizel Museum (303-394-9993) or visit their Web site www.mizelmuseum.org. The museum's location is 400 S. Kearney St., Denver, CO 80224.
- 15** Encourage local and state governments to pass a "**Resolution of Respect**", see calendar.
- 16** Visit Amache, Colorado, the site of the Granada Relocation Center Site, an important landmark in the **United States' history of internment of the Japanese Americans** during WWII.
- 17 Participate in Denver's Martin Luther King Jr. Parade** on January 19, 2009 which begins in City Park.
- 18** When anti-Semitic or racist graffiti appears, organize a **community response effort promptly** after the police have concluded their investigation. Showing your support to rid the community of hateful vandalism is deeply appreciated by the targeted groups.

In Your School

- 19 Initiate classroom discussions** about forms of bias, discrimination and prejudice. Utilize ADL's A World of Difference® Institute workshops to further these dialogues. Consult ADL to plan a program (303-830-7177 or Denver@adl.org).

- 20** Invite a recognized **civil or human rights leader to address an all-school assembly**. Videotape the speech and publish an interview with the speaker in the school and local newspapers.
- 21** **Research the Sand Creek Massacre**, which occurred in Kiowa County, Colorado, and visit the site.
- 22** **Be an ALLY – speak out** against jokes and slurs that target people or groups. It is not enough to refuse to laugh.
- 23** **Learn more about the First Amendment**, civil rights, hate crimes and other legal aspects of the fight against prejudice – invite an ADL staff member to speak to your school.
- 24** **Recite the Resolution of Respect** (in the calendar) or a similar pledge against prejudice created by your student body, at a school-wide assembly. Display a poster-size version of the pledge in a prominent area of your school and encourage people to sign it.
- 25** Participate in a **foreign exchange program**.
- 26** Survey the colleges in your area about diversity and affinity clubs at their schools. Invite a panel of representatives to speak to the senior class about **“Prejudice on the College Campus: What To Look For, What To Do.”**
- 27** Contact ADL to **learn more about hate on the Internet**, including hate group web sites and recruitment and cyber-bullying (303-830-7177).
- 28** **Support the diverse representation of students on every school board**, committee, group, publication, and team.
- 29** **Talk to fellow students and adults** about their ethnic, cultural and religious backgrounds and their experiences with prejudice.
- 30** **Learn about the history and current occurrence of genocide throughout the world**. Contact the Mizel Museum, 303-394-9993 ext. 3, about bringing the Genocide Exhibition to your school in conjunction with Holocaust Awareness Week, or any time of year.
- 31** Publish a newsletter **specifically devoted to promoting respect for diversity** and publicizing multicultural events. Convince your local newspaper or community Internet home page do the same.
- 32** **Report cyberbullying** to a teacher, parent or other adult. Say no to name-calling, gossip, offensive forwarded emails or other forms of bullying over the Internet (cyberbullying).
- 33** Create a respectful environment during **physical education classes** and after-school sports for all students regardless of body type, ability, gender and sexual orientation.
- 34** Encourage the yearbook staff and editors to devote a section or to **incorporate pro-diversity and anti-prejudice themes** throughout, such as using quotes, headlines, photos, etc.
- 35** Create a student-run Speakers Bureau where **students speak about their heritage or social activism**. Ask local community leaders, civil rights advocates, Holocaust survivors, and others to partner with students in this effort.
- 36** Apply or encourage students to apply to **ADL’s 2009 Robert B. Sturm Youth Leadership Mission** to the U.S. Holocaust Memorial Museum in Washington, DC (contact ADL for applications, 303-830-7177, available October 2008).
- 37** **Set up a school exchange** that matches students from different schools to bring youth of differing backgrounds closer together.
- 38** Start an **annual film festival** which highlights films and documentaries from around the world. Invite community groups and local theaters to be co-sponsors.
- 39** Create a calendar with significant cultural or religious holidays and important school events (exams, sporting events, concerts, etc.) to ensure there are no conflicts.
- 40** Connect with **Facing History and Ourselves**, attend a workshop and utilize their classroom resources, which assist classrooms in linking the past to moral choices today (www.facinghistory.org, 303-316-4848).

- 41** **Create a buddy system that assists new students** of all backgrounds to feel welcome when joining the student body.
- 42** **Analyze your textbooks to see how inclusive they are** of diverse leaders and pioneers, authors and diverse perspectives. Present your findings to your classmates, teachers and principal.
- 43** Work with your school librarian to create a display of historical and contemporary publications, including books, newspapers, magazines, films, music, and videos in order to **expose the continued effort to defame people** from different cultural and religious groups.
- 44** Research pro-diversity Web sites, then **build a Web page for your school** on a social networking site and link it to others on the Internet.
- 45** **“MIX IT UP”**. Organize a Mix It Up at Lunch Day. Visit www.mixitup.org.
- 46** Learn to understand other cultures through literature, the arts and other media by participating in traveling exhibitions such as **Mizel Museum’s *Mythical Mask of Many Cultures or The Immigrant Adventure*** (www.mizelmuseum.org 303-394-9993).
- 47** Construct a multimedia display that **examines how today’s media perpetuates stereotypes**. Consider current films, television sitcoms, music, and advertising campaigns, in addition to newspapers, magazines and books.
- 48** Host a school wide dance party and play music from a variety of cultural groups and genres of music.
- 49** **Create a STAND chapter**. Visit www.standnow.org the student led division of the Genocide Intervention Network. STAND is building a movement to end genocide.
- 50** **Invite the local lesbian, gay, bisexual and transgender (LGBT) center**, theater group or other speaker to visit your school.
- 51** **Participate in No Name-Calling Week on January 26-30, 2009**, which focuses attention on the problem of name-calling in schools and provides students and educators with the tools and inspiration to continue an on-going dialogue about ways to eliminate name-calling in their communities. For more information, go to www.nonamecallingweek.org.
- 52** Connect the lessons of the Holocaust with contemporary issues of bias, hate and genocide with ***Echoes and Reflections: A Multimedia Curriculum on the Holocaust***. Visit www.echoesandreflections.org for lesson plans and resources.
- 53** **Participate in the National Day of Silence®, April 19, 2009**, a student-led day of action where those who support making anti-LGBT bullying and harassment unacceptable in schools, participate in events to recognize and protest the discrimination and harassment—in effect, the silencing—experienced by lesbian, gay, bisexual and transgender (LGBT) students and their allies. For more information, go to www.dayofsilence.org.
- 54** **Learn about current immigration issues** and then compare current-day debates with historical debates and immigration policies. Invite a speaker that recently went through the immigration process to speak about his or her experience.
- 55** Ask your librarian to **collect samples of popular teen magazines or comic books** from around the world and request a special corner be set aside for them in the periodical room.
- 56** Contact the Colorado Lawyer’s Committee to take part in their free program: **Mock Trial Teaching Tolerance program** (www.coloradolawyerscommittee.org, 303-894-6366).
- 57** Assess your school’s accessibility for people with physical disabilities. Report your findings to school administrators and advocate for any necessary improvements.
- 58** Advocate for the production of school plays that are sensitive to multiculturalism and **incorporate a variety of roles and perspectives** representing a diverse cast and story.
- 59** Organize a group to attend and participate in the 16th Annual **Cherry Creek Diversity Conference** on January 31, 2009, check out www.cherrycreekdiversity.org for more information or for 2010 dates.

60 Become a No Place for Hate® School. Complete all 5 steps of the No Place for Hate® campaign: create a coalition, complete 3-5 inclusive activities participate in one of ADL's A World of Difference® training programs, sign the Resolution of Respect, and document your school's involvement. For more information, go to <http://regions.adl.org/mountain-states/>.

In Your Workplace

61 Generate a lunchtime “brown-bag” dialogue that discusses current issues, interesting articles or books, and/or invite speakers to present on issues of diversity.

62 Offer professional development workshops that help all employees understand and respect individual work and communication styles.

63 Be understanding and supportive of co-workers when they are observing religious and/or cultural holidays.

64 If a co-worker makes an insensitive racial, ethnic or religious comment, **respond by respectfully pointing out** that he or she made a remark that perpetuates stereotypes.

65 Sponsor events that support the health, welfare and inclusion of all people.

66 Participate in the Mizel Museum's Meeting Forums, where you can schedule your group's meeting at the Mizel Museum. Enjoy a decent-led tour of the Symbiosis Exhibit (February-April 2008), the Israel 60 Exhibit (May-September 2008), or see and experience Expanding Horizons: Transitioning Babi Yar Park, to learn about the past, present and future of the park, Babi Yar, Kiev. Catering for breakfast or lunch is available upon request at 303-394-9993 ext. 3.

67 Publish and distribute to all staff a list of ethnic and religious holidays and the meaning of the customs associated with celebrating them.

68 Set a **“not in my work space”** rule. Prohibit offensive jokes or other forms of bigotry in your cubicle, office or whatever other boundaries define your work space.

69 Once a week, **eat lunch with a different co-worker**, until you have met everyone.

70 Make respect for diversity a core value in your organization and articulate it as such in your handbook or employee manual.

71 Encourage your organization to offer brochures, advertisements, services and **other forms of communication in two or more languages**.

72 Provide the opportunity for employees **to attend local cultural events and exhibits**.

73 Conduct an audit of your workplace to ensure it is easily accessible to all people with disabilities.

In Your Home

74 Travel to a new part of your city, state, United States or a new country.

75 Take advantage of the free programs and speakers offered by your local public library, university and college.

76 Be an ally – speak out against jokes and slurs that target people or groups.

77 Explore holidays from different cultures that are not your own. Research their meanings and celebrate the traditions and rituals that occur during the holiday. Start by consulting the Calendar of Observances at the back of this calendar.

78 Visit ADL's Question Corner (www.adl.org/education/miller) for ideas on how to support young children's curiosity about diversity in our world.

79 Create a regular family movie night and pick movies or documentaries that are about diverse cultures and issues that provoke discussion.

80 Be knowledgeable; **educate yourself** on current domestic and international issues.

81 Stop email bigotry at your computer. **Forward no more.** Don't forward unwanted and derogatory "joke" emails. Either break the chain and delete it, or reply to sender and explain why you found the email offensive, the impact of the language used and the harm that so-called "jokes" can cause.

82 Be mindful of your language – **avoid stereotypical remarks.**

83 **From January – April 2008, take a field trip to the Mizel Museum** to see and experience Symbiosis, an integrated exhibit where artists, Tamar Hirschl, Cultural Alarm, Mark McGinnis' Buddhist Animal Wisdom Stories and Debra Callan's Evolution explore the symbiotic relationships between human beings and nature. The work of Symbiosis asks its viewers to consider the disturbing possibility that humans' general disregard for the planet is synonymous to the world-wide religious and racial intolerance that we see in the 21st Century (www.mizelmuseum.org 303-394-9993).

84 **Start a social issues bookclub** with your family and friends, choosing diverse authors and topics that will create conversations on current issues.

85 **Be proactive.** Before house guests arrive, ask if they have any dietary restrictions or other needs and share any household traditions or practices you have that may affect them.

86 **Encourage your children to read books that promote understanding** of different cultures and abilities as well as books written by authors of diverse backgrounds. Visit www.adl.org/bibliography/ for recommendations.

87 **Take a conversation course in a language different from your own** that is spoken in your community.

88 **Volunteer for a community organization.** Teach members of your family the value of donating skills, time and money to organizations that can benefit from such generosity.

89 **Document your family's history.** Ask an adult relative to either write or record their story so you have a permanent history to share with future generations.

In Your Place of Worship

90 Urge your leaders to **use the pulpit to condemn all forms of bigotry.**

91 **Plan a monthly community service project** which would expose your religious community to a different religious, ethnic, or social community or issue.

92 **Be respectful and welcoming to anyone** who attends your religious services.

93 **Organize an interfaith retreat for youth** to increase understanding of each other's beliefs and build lasting friendships.

94 Explore texts, teachings and basic themes of a **religion different from your own religion.**

95 **Reach out to diverse religious communities** to co-sponsor festivals and holiday observances that highlight and celebrate our common humanity.

96 Identify **common ethical problems** such as poverty, "just war vs. unjust war" and medical treatments, and compare how different faith groups respond to these challenges.

97 Ensure that **all faiths are represented accurately** in existing library materials and religious school curricula.

98 Attend services faiths different from your own and **visit different houses of worship.** Get permission where and when needed.

99 Turn a bulletin board into a display space (newspaper articles, cartoons, etc.) **depicting current events related to different forms of religious persecution** or human rights violations, which could be posted for all to read.

100 Invite representatives from religions different from your own **to deliver a presentation about their faith** and answer questions.

101 **YOU – Brainstorm 101 more ways to make a Positive Impact! in your community!**