

GLOSSARY OF TERMS

Bullying: Repeated actions meant to hurt, scare, or control someone who seems weaker. This can happen in places like schools or online and usually involves a power imbalance.

Cyberbullying: Bullying that happens online, such as on social media or through messages. It includes harassment, threats, or embarrassing someone digitally.

Exposure (to hate): Seeing or experiencing hateful actions, words, or ideas, either in person or online. If someone sees hate over and over, it can start to seem normal and influence their thoughts or actions.

Grievance: A feeling of being treated unfairly or hurt. When not addressed properly, these feelings can make someone more likely to turn to hate.

Hate-based violence: When someone hurts others because they hate their race, religion, ethnicity, or identity. This can include physical attacks or other harmful actions meant to scare or harm certain groups.

Hate speech: Words meant to insult or spread hate toward people based on their identity, like their race, religion, or sexuality. Hate speech can lead to more serious acts of hate or violence.

Online hate: Hateful messages, images, or actions shared online that attack people for their race, religion, gender, or other traits. This includes hate speech as well as dehumanizing language.

Protective factor: Something that helps prevent a person from becoming hateful or doing harmful things. Examples include having a supportive community, learning empathy, and meeting people from different backgrounds.

Risk factor: Something that makes a person more vulnerable to developing hateful attitudes or take harmful actions. Examples include being isolated, seeing hateful ideas often, or having experienced past trauma.

Upstander: A person who speaks up and steps in to stop someone from being hurt. They step in to stop harmful behavior and work to make their community safe and welcoming.

Vulnerability: Being more likely to be harmed or influenced. People or groups who face unfair treatment or challenges are often more at risk of being targeted by hate.