

ANGeR: THE RoOT OF HaTE

Begin the activity by giving group members a moment or two to recall people they "hate." Ask participants to silently give a different name to that person. Then ask for a volunteer to come and sit before the group and finish this sentence: I hate *(name of person)*.

Then ask the volunteer to complete this statement: I hate *(name of person)* because...

Take the last portion of the volunteer's new statement and create another "because..." statement. (*Example:* The volunteer might say, "I hate Effie because she makes me feel like a worm." You respond with, "Effie makes you feel like a worm because...")

Continue this process, always feeding back to the volunteer new, open-ended "because..." statements based on the last part of his or her previous statements. (To carry the example further: The volunteer might say, "Effie makes me feel like a worm because she ignores me when I speak to her." You respond, "Effie ignores you when you speak to her because...")

Continue until you sense that the volunteer has gotten to the root of the feelings of hatred, either by identifying some truth about him- or herself, or by coming to a deeper understanding of the hated person.

WHaT HaTH ANGeR WROUGHT?

Invite a **guest speaker** to join your group for a presentation on hate crimes. Possible sources for speakers include your local police department or sheriff's office, or a community center for specific groups, like a Jewish community center or a gay/lesbian community center. All of these provide resources for those who are victims of hate crimes. Ask the speaker to prepare a brief talk for the group. (If a speaker is not available, gather magazine and newspaper reports of hate crimes.)

After the talk, invite group members to discuss the presentation. Depending on the speaker, suggested questions could include:

- What groups or individuals are targeted for hate crimes?
- How does your group respond to hate crimes?
- What do you think motivates hate crimes?
- What do you do to protect yourself against hate crimes?
- What can our group do to prevent hate crimes?