

you can

CONFRONT INAPPROPRIATE JOKES ▪ JOIN A CAMPUS ORGANIZATION ▪ DEMAND A DIVERSE FACULTY ▪ LEARN A DIFFERENT LANGUAGE ▪ LEARN SIGN LANGUAGE ▪ VOLUNTEER AT THE SALVATION ARMY OR HOMELESS SHELTER ▪ READ BOOKS WRITTEN BY AUTHORS FROM DIVERSE BACKGROUNDS ▪ EXPERIENCE A DIFFERENT RELIGION/CHURCH ▪ TAKE A RACE AND ETHNICITY CLASS ▪ ENROLL IN A WOMEN'S STUDIES COURSE ▪ STUDY ABROAD ▪ LET DOWN YOUR DEFENSES ▪ THINK BEFORE YOU SPEAK ▪ USE NON-GENDER SPECIFIC LANGUAGE WHEN REFERRING TO DATING ▪ VOTE ▪ DISCOURAGE SILENCE ▪ BE OPEN MINDED ▪ TAKE A STAND ON AN ISSUE AND THEN STUDY THE OPPOSING VIEW ▪ BE SENSITIVE TO PEOPLE'S STRUGGLES ▪ RECOGNIZE CULTURAL HOLIDAYS OTHER THAN YOUR OWN ▪ FIND OUT WHAT NATIONAL HOLIDAYS COMMEMORATE ▪ EXPRESS YOUR VIEWS RESPECTFULLY ▪ BECOME AN ALLY ON CAMPUS ▪ CONFRONT OPPRESSION ▪ LEARN ABOUT THE "MODEL MINORITY" MYTH ▪ CELEBRATE MLK DAY ▪ PUT UP A "NO HATE" SIGN IN YOUR ROOM ▪ TIE A RAINBOW RIBBON TO YOUR BOOK BAG ▪ CHALLENGE STEREOTYPES IN MOVIES AND TELEVISION ▪ ENGAGE IN HEALTHY DISCUSSIONS ▪ USE "I" STATEMENTS ▪ GIVE A MULTICULTURAL DOLL/TOY/GAME AS A GIFT TO YOUR CHILDREN, NIECES, OR NEPHEWS ▪ EAT AT AUTHENTIC ETHNIC RESTAURANTS ▪ UTILIZE "PEOPLE FIRST" LANGUAGE ▪ READ BOOKS WITH MULTICULTURAL/TOLERANCE THEMES TO YOUR CHILDREN ▪ BECOME A BIG BROTHER OR BIG SISTER OR BIG COUPLE ▪ LEARN ABOUT WHY THE CONFEDERATE FLAG CAN BE VIEWED AS OFFENSIVE ▪ BE A TUTOR ▪ EXAMINE YOUR OWN PREJUDICES ▪ UNLEARN SOME OF YOUR EMBEDDED STEREOTYPES ▪ CHANGE YOURSELF ▪ CHANGE THE WORLD ONE PERSON AT A TIME ▪ START RIGHT NOW!

do a lot.

Adapted by Amanda Florence Goodenough
from the University of Wisconsin-La Crosse

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research and *for* resource center

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