

01

Media and information disorder



Understanding Mis- and Disinformation

A lot of false information is posted and shared online. We use the terms 'misinformation' and 'disinformation' to refer to false content.

What is the difference?

Misinformation occurs when incorrect information is shared, but the person does not realise it is false. Although there is no intent to cause harm, misinformation still causes harm. The good thing is that misinformation can easily be countered and corrected with accurate facts.

An example: You share information about electricity prices doubling soon, because you heard this from a close friend. You failed to verify this information, and it is not true.

Disinformation occurs when someone intentionally shares incorrect information to deceive others. It means that the person posting disinformation intends to mislead and cause harm. Disinformation cannot be fixed by presenting facts because the person already knows they are sharing lies.

An example: You see a post that a politician supports closing a local school, which is a lie. The person sharing this wants you to vote against the politician and so is spreading disinformation to influence your vote.

QUESTIONS TO DISCUSS

- Can you, in your own words, describe the difference between misinformation and disinformation?
- Can you give an example of how false information can cause harm to you or your community?
- Who benefits from false content?
- What are some steps we can take to avoid accidentally spreading incorrect information?

02

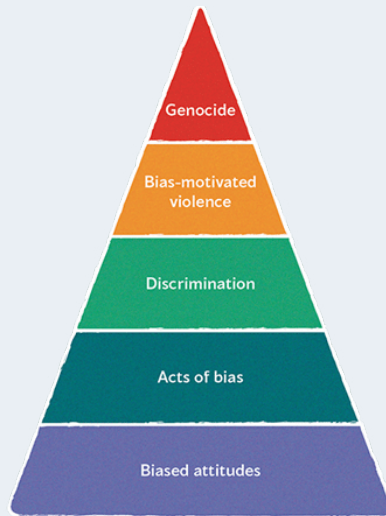
Identity



Pyramid of Hate

The Pyramid of Hate shows negative behaviours, growing in intensity from the bottom to the top.

Like a pyramid, the upper levels are supported by the lower levels. If people or institutions treat behaviours on the lower levels as acceptable or “normal,” the behaviours at the next level become more accepted.



The Pyramid of Hate

QUESTIONS TO DISCUSS

Sadly, we have all participated in the Pyramid of Hate at some point. The more honest we can be about our previous actions, the better we are at defying hate and spreading kindness and peace instead.

- Looking at the different levels, what actions can you admit to?
- What could you do to make up for them?
 - o Could you vow not to do them again?
 - o Could you apologise to anyone you have harmed?
 - o What other options can you think of to help spread peace?

03

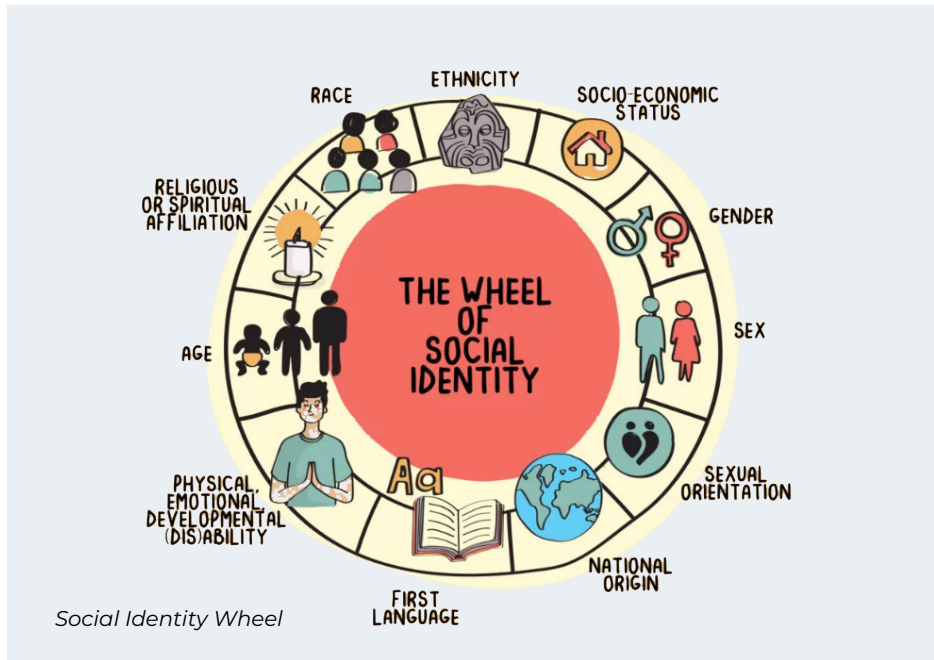
Identity



Social Identity Wheel

The Social Identity Wheel is a diagram that illustrates how identity comprises multiple components.

By thinking of identity not as a single thing, but as made up of many things, we can more easily find similarities with others, including those we often think of as not belonging to our group.



QUESTIONS TO DISCUSS

- Looking at the Social Identity Wheel, discuss:
- Which elements matter a lot to your identity?
- Which elements do not matter to you?
- Which elements do you first notice about others?
- Talk to everyone in the group and for each person, find at least one element you have in common.

04

Mental health and Trauma healing



Manifestations of Trauma Related to Hate Speech

Exposure to hate speech, as a form of trauma, can manifest in various ways across different domains of a person's life.

EMOTIONAL MANIFESTATIONS:	COGNITIVE MANIFESTATIONS (THINKING AND MEMORY)
Intense and Fluctuating Emotions: Experiencing strong feelings like fear, anger, sadness, shame, guilt, and helplessness that can shift rapidly.	Intrusive Thoughts and Memories: Unwanted and distressing thoughts or images related to the hate speech experiences that keep replaying in the mind
Anxiety and Worry: Persistent unease, nervousness, and apprehension, often focused on safety or future threats.	Nightmares: Disturbing dreams that may replay traumatic events or themes.
Emotional Numbing or Detachment: Feeling emotionally distant, unable to connect with others, or a reduced ability to experience emotions. Doing this can be considered a defence mechanism.	Flashbacks: The feeling that the traumatic event is happening again in the present moment, which can be accompanied by emotional or sensory experiences.
Irritability and Agitation: Being easily frustrated, short-tempered, or restless.	Difficulty Concentrating and Focusing: Trouble paying attention, remembering, or making decisions.
Hopelessness and Despair: A negative outlook on the future, feeling like things will never improve.	Negative Self-Beliefs: Developing negative thoughts about oneself, such as feeling worthless, damaged, or to blame.
Difficulty Regulating Emotions: Having intense emotional reactions that seem disproportionate to the situation.	Distorted Thinking: Holding harmful or inaccurate beliefs about oneself, others, or the world due to the trauma.
	Hypervigilance: Feeling constantly on guard, scanning the environment for threats, and being easily startled.

05

Mental health and Trauma healing



Manifestations of Trauma Related to Hate Speech

Exposure to hate speech, as a form of trauma, can manifest in various ways across different domains of a person's life.

BEHAVIOURAL MANIFESTATIONS (ACTIONS AND REACTIONS):	PHYSICAL MANIFESTATIONS:
Avoidance: Staying away from places, people, or situations that trigger memories of hate speech or feelings of insecurity, including online spaces.	Fatigue and Low Energy: Feeling constantly tired, even with adequate rest.
Social Withdrawal: Isolating oneself from friends, family, and community activities.	Muscle Tension and Pain: Experiencing aches, stiffness, or unexplained pain in the body.
Changes in Sleep and Eating Patterns: Difficulty sleeping (insomnia, nightmares) or changes in appetite (eating too much or too little).	Headaches and Stomach Issues: Frequent headaches, digestive problems, or other stress-related physical symptoms.
Increased Use of Substances: Turning to alcohol, tobacco, or other substances to cope with difficult emotions.	Increased Heart Rate and Sweating: Physical signs of anxiety or panic.
Outbursts of Anger or Aggression: Difficulty controlling anger, leading to verbal or physical aggression.	Changes in Immune Function: Becoming more susceptible to illness.
Self-Harm: Engaging in behaviours that intentionally cause harm to oneself as a way to cope with intense emotional pain.	
Risky or Impulsive Behaviours: Engaging in activities without considering the potential consequences.	

06

Gender-Based Violence



Prevention of GBV

Awareness and education strategically use information, communication, and learning activities to change harmful attitudes, beliefs, norms, and behaviours.

Community mobilisation involves engaging, organising, and empowering community members and local leaders to take collective action to prevent and respond to GBV.

Legal & Policy Reform includes updating, enacting, or strengthening laws, regulations, and policies to prevent and respond to GBV more effectively.

Economic Empowerment increases individuals' financial independence and decision-making power, particularly for women and marginalised groups

Response mechanisms to GBV

One-Stop Centres are integrated service delivery points where survivors of gender-based violence can access multiple essential services under one roof.

Healthcare services refer to the immediate, short-term, and long-term medical and psychosocial support provided by trained health professionals to address the physical, emotional, and reproductive health consequences of GBV.

Legal Support encompasses a range of services and assistance provided to survivors, helping them understand, navigate, and access justice systems to seek protection, hold perpetrators accountable, and claim their rights.

Shelter & Social Support is the protection, practical assistance, and emotional support provided to survivors of gender-based violence to help them escape immediate danger, stabilise their lives, and begin the process of recovery and reintegration.

Case Management Approaches: In this approach, trained professionals, such as social workers or caseworkers, assess the needs of GBV survivors, develop an individualised care plan, and coordinate access to a range of services, including health, psychosocial support, safety planning, legal aid, and shelter.



07

The
#defyhatenow
Game

This #DefyHateNow game is designed to engage players and reinforce the idea of creating a #HateFreeEthiopia.

How to play:

- Each player finds a small object, such as a pebble or a bottle cap, to use during the game.
- Place these items on the circle marked 'Start Here' (two people on one knee).
- Use the front of this card to roll the dice.
- Close your eyes!
- Throw a different object, such as a pebble or bottle cap, onto the numbers.
- The number it lands on is the number of squares you move forward.
- If you land on a square with the text 'Go back' or 'Go forward,' follow the instructions.
- Keep rolling the dice until you reach the end marked by the Ethiopia flag & #HateFreeEthiopia.
- The first player to finish the journey is the winner!
- Post on your preferred social media platform about #HateFreeCameroon.
- Keep playing until everyone has completed all the steps.