**Peer Education**

Sachem Promotes Equality, Cooperation, Tolerance, Respect, Unity, and Mediation

***A World Without Hate***

***“Foolish and realistic men and women have dared to believe that our highest calling as humans is to evolve beyond hate.”***

***A world without hate is a world many long for. Hate has been drilled into our minds ever since we were children. It has caused emotional damage that is beyond repair, scarring people and changing their views on the human race. Hate is often taken further, to a physical level, targeting specific individuals, random strangers, groups of people, and people who are just in the wrong place at the wrong time.***

***Hate only brings fear, misery, resentment and disaster. Hate creates obstacles to human growth, which, in turn, diminishes society as a whole. To live in a better more peaceful world, we need to break the cycle of hate!***

***To eliminate hate we need to understand it. Ignorance seems to be the catalyst for many undesired human emotions. When we are educated completely on a subject, we tend to be less afraid, more understanding to alternative ideas, and embrace our knowledge without a negative reaction to the topic in question.***

***Anger, hate and rage are the three main components of what is often called “The Anger Suite”. On one end of the suite is anger itself. Anger is a strong, but basic reaction to a perceived wrongdoing; a person, place, thing, or event that has provoked the other into a feeling of discomfort and great displeasure. It can be overwhelming to the point of negatively affecting one’s rational thought processes, often causing one to act out against the catalyst in varying levels of vengeance.***

***This is where hate comes in. Hate is what happens when one hangs on to the anger. The anger plants roots and becomes less of a passing warning and more of a constant presence in one’s life. Hatred runs deep. It’s got all the downsides of anger but even more so. Maintaining it results in a constant flow of stress and frustration causing more anger, which inflates the hatred. Where anger provides negative motivation in the moment, hatred births constant motivation that borders on obsession. The catalyst and its removal or transformation to something more acceptable, are never far from the forefront of the hater’s mind. The greater the hate, the greater the lengths one will go to achieve this goal.***

***Finally, rage. Summoned by a catalyst that causes an especially high level of anger, rage comes on powerful and reactive. Blinding in that it cancels rational thought and a clear sense of time and space, rage causes the sorts of situations that leads people to plead “temporary insanity” in courts of law. Due to the amount of energy this emotion needs to erupt, it tends to have the greatest short-term destructive potential of the “anger suite”, but lasts the shortest amount of time. Rage isn’t the most common thing out there, but it’s worth mentioning in that it’s a very real concern and feelings of hatred brings the threat of it closer to a boil.***

***We all must learn to “deal” with circumstances, situations and people in a way that does not exacerbate the anger or hate, but instead removes it from the entire equation. Understanding and compassion are the key!***

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***“Imagine a world without hate” is a video portraying various noted persons throughout history who believed in fairness and justice for all people. The video imagines a life or accomplishment that might have taken place if each person had not been killed by hate-motivated violence. Each of these people were killed by hate violence and was targeted because of some aspect of their identity: race, religion or sexual orientation. In addition to learning more about the lives of the people who were killed, this video provides all of us with an opportunity to reflect on how fighting hate can change lives and history.***

***Please view the video – Imaging A World Without Hate***

[***www.yoube.com/watch?v***](http://www.yoube.com/watch?v)***=3KyvlMjefR4***

***Assignment: Please respond to the following: (2 pages)***

1. ***What is the message of this video?***
2. ***Discuss how the video imagines a “changed history”.***
3. ***A world without hate…is it really possible?***