



Individual Level Approaches

Individual level approaches to combating religious intolerance typically focus on targeting harmful beliefs, attitudes, and behaviors, either directly or indirectly, by supporting the needs of individuals and building individual capacity. These types of interventions educate individuals, support their wellbeing and needs, and buffer against well-known risk factors. Education that focuses on improving awareness and knowledge can cover many different topics from religious and media literacy to forms of bigotry, systems of oppression, and historical education. Skill building offerings in this field typically try to support self-awareness or interpersonal interactions, such as critical-thinking and constructive dialogue. Supporting individual healing and mental wellbeing can help victims of hate, reduce individual risk-factors for engaging in violent behaviors, and disrupt radicalization.



Cited Strategies and Practices: Individual Level



Educate

PROMOTE RELIGIOUS AND CULTURAL LITERACY

- Recognize the diversity of opinions within religious traditions
- Conduct face-to-face education that fosters better understanding of marginalized groups
- Invite organizations to visit places of worship to learn more about beliefs and practices firsthand
- Engage students in dialogue and active learning on bias, bullying, inclusion and allyship

TEACH HISTORIES OF TRAUMA AND SYSTEMIC UNDERPINNINGS OF HATE

- Support research, teaching, and education at the intersection of theology, history, and ethics
- Focus on religious discrimination but include racism, xenophobia, and other forms of bigotry
- Combine intellectual rigor, emotional engagement, ethical reflection, and civic responsibility
- Understand how prejudice and discrimination show up in people's lives



Strengthen Skills

ENHANCE CRITICAL THINKING SKILLS

- Show students that they too are susceptible to online manipulation
- Discuss and dispel misinformation and conspiracy theories related to both Muslims and Jews
- Create a core team of supporters that can share knowledge with their communities

FACILITATE CONSTRUCTIVE CONFLICT AND DIALOGUE

- Name differences rather than trying to come to a common ground consensus
- Build intragroup norms as well as intergroup encounters
- Provide tools that can be useful regardless of the conflict or reason for division
- Apply evidence-based strategies for building relationships, understanding, and dialogue



Support Wellbeing and Healing

CARE FOR INDIVIDUALS AND COMMUNITIES IMPACTED BY HATE

- Connect people with culturally competent resources and care coordination services
- Use events as an opportunity to combat isolation, build community, and build solidarity
- Build more affirming spaces and stronger allyship
- Provide direct service mental health and psychoeducational work
- Provide programming on trauma recovery as well as educational outreach
- Collaborate with local law enforcement and the FBI to offer community-based interventions

DISRUPT AND REVERT RADICALIZATION

- Provide services to individuals and families who are looking to exit violent extremism
- Provide public education including counter narrative stories
- Provide alternative content to those seeking dangerous content online
- Involve friends and family if they are worried about a loved one
- Offer support groups for parents where they can learn from each other
- Provide specific advice and strategies for preventing and countering youth radicalization
- Offer resources for people to educate themselves in extremist language and ideology
- Provide practical strategies for responding to radicalization

