



We need to talk about....

We want to help you have the difficult conversations with friends, family, neighbours and workmates about the far-right and anti-immigrant attitudes that many of us find hard. Here are a few tips to help during #GE2020

1) Arm yourself with facts, but convey emotion with personal stories – while facts are important, people connect with them because of emotion. Support your facts with human stories. When you're talking to someone who sees other people's lives as less valuable than their own, the first step is trying to build empathy.

2) If they're misinformed, gently question their sources
Better to express your surprise and open a conversation gently about fake news. Empathise on how easy it is to believe headlines and how hard to find authentic information. Share factchecker websites.

3) Ask open-ended questions and listen to their responses
You need to understand where they are coming from. Ask, "What bothers you most about that issue?" Engage with the real concerns underlying their fears.

4) Stay calm
The argument might feel personal, but it's really about the bigger goal of encouraging your friend/relative not to lose sight of the other humans involved. If they get angry, stay calm. Remember that you love them. If you get angry, they win.

5) Don't argue to win
It might feel like the most important argument in the world, but sowing seeds of doubt is better than make someone defensive. You may not convince them totally, but they might be slower to share far-right content later on. View each conversation as a step on a longer journey.

We believe #conversationsmatter to keep our region free of hate. We are having those conversations with friends, neighbours, workmates, and family.

You can download our leaflets to help share the message and start those conversations from any of our social media platforms

Fingal Communities Against Racism



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