



# Pledge to Combat Prejudice

We Can Make A Difference

In celebration of Dr. Martin Luther King, Jr. Day, the Anti-Defamation League challenges individuals, families and communities to take the following pledge to combat prejudice:

- I pledge** from this day onward to challenge prejudice and to stop those who, because of hate, would hurt, harass or violate the civil rights of anyone.
- I will be aware** of my own biases against people who are different from me.
- I will ask questions** about cultures, religions and races that I don't understand.
- I will speak out** against anyone who mocks, seeks to intimidate or actually hurts someone of a different race, religion, ethnic group, or sexual orientation, in person or in cyberspace.
- I will reach out** to support those who are targets of harassment.
- I will think about** specific ways I can promote respect for people.
- I will create** a prejudice-free zone where I live and support a hate-free community online.
- I firmly believe that one person can make a difference and that no person can be an "innocent bystander" when it comes to opposing hate.**

*By signing this pledge, I recognize that respect for individual dignity, achieving equality and opposing anti-Semitism, racism, ethnic bigotry, homophobia, or any other form of hatred is a non-negotiable responsibility of all people.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



**BE COUNTED. BE HEARD.**

Take our pledge online at [www.adl.org/service](http://www.adl.org/service)