Pyramid of hate

Handout

The **Pyramid of Hate** illustrates the frequency of bias, hate and oppression in our society. It is organised in escalating levels of attitudes and behaviour that grow in complexity from bottom to top. Like a pyramid, the upper levels are supported by the lower levels.

Bias at each level negatively impacts individuals, institutions and society and it becomes increasingly difficult to challenge and dismantle as behaviours escalate. When bias goes unchecked, it becomes "normalized" and contributes to a pattern of accepting discrimination, hate and injustice in society.

While every biased attitude or act does not lead to genocide, each genocide has been built on the acceptance of attitudes and actions described at the lower levels of the pyramid. When we challenge those biased attitudes and behaviours in ourselves, others and institutions, we can interrupt the escalation of bias and make it more difficult for discrimination and hate to flourish.

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