

HATE SPEECH: All you need to know & How Best
to manage critics and negative vibes.

WHAT is Hate speech?

Hate speech are expressions (written or spoken) that denigrates a person or persons on the basis of (alleged) membership in a social group identified by attributes such as race, ethnicity, gender, sexual orientation, religion, age, physical or mental disability, schools of thought and others.

On a narrower scope, Hate speech by the name expresses hate, derogation and contempt towards a person or group based on something such as race, dissatisfaction, apathy, conception or perspective. Hate speech expresses criticism. Criticism expresses disapproval on the basis of perceived faults or mistakes.

Recognising Hate speech when you see one:

Typically, Hate speech involves epithets and slurs, statements that promote malicious stereotypes, and speech intended to portray faults and displeasure. Hate speech aside coming as critiques, can also include nonverbal depictions and symbols.

Responding to Hate speech/criticism:

How to handle criticism, especially from people dear to you:

If you are always looking for people to praise you at all times, you might never reach your full potentials. As aforementioned, criticism and hate speech are most times on the basis of perceived faults—DISAPPROVALS.

- How BEST can you then respond to these?
- Do you perceive every these criticism the right way (i.e. positively)?
- Are you sure people are too pessimistic towards you or it's you being too sensitive?
- Do you hate the bitter taste of truth?

These questions go a long way in helping us to manage hate speech and criticism; curtailing its toxicity. They help us to easily identify our acute ills and not allow words get to us; Not allowing the toxins get to you. It's all about your response. It's all about your perception. You should learn to perceive these messages with a positive mind.

"IT'S NOT HOW THE MESSAGE COMES BUT WHAT THE MESSAGE TELLS."

Change your point of view. Always remember you never would have the approval of everyone. Surround yourself with persons that help you see beyond the negativity in these critics.

Can Hate Speech/Criticism be Terminated?

Negativity and criticism will often come from those who admire you or what you do; or those who challenge you. The challenge is to develop a thick skin that is resilient to opposition.

Hate speech can therefore be regulated or censored. The best way to counter hate speech is to demonstrate its falsity. Converting that "energy" to productivity.

When you respond negatively to criticism, be sure you will throw in the towel. But when you respond positively, you bring your best to fruition.

"Work on the present critique(s) you get to give no room to future critique(s); that way you'd stay strong and not consumed by its negativity".

Kevin Favour Evangel