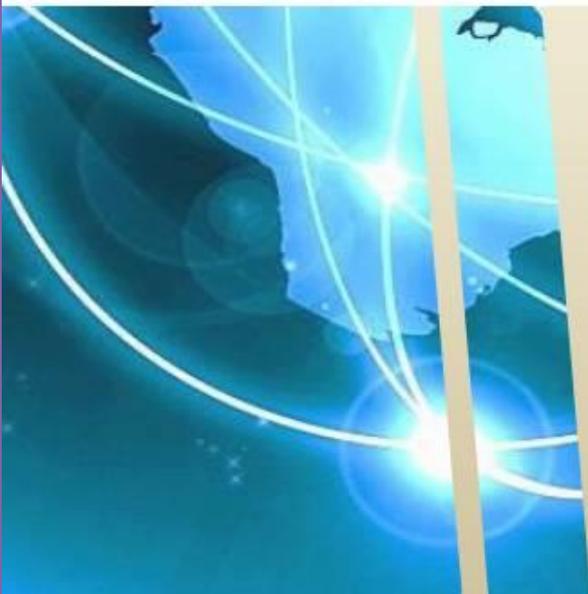




Erasmus+

# HATRED ON INTERNET

REPORT PREPARED  
AS PART OF THE MOST PROJECT



## Definitions of “hejt”

The Polish term “hejt” is a phonetic representation of the English word "hate" and means just that – hatred expressed on the Internet. Another term for the hostile behaviour displayed on and off the web is "mowa nienawiści", which is a verbatim translation of the English term “hate speech”. This phenomenon can be described as attributing negative traits, calling for discriminatory actions aimed at a specific social group to which membership is perceived as natural and not a matter of choice [Bychawska-Siniarska 2013: 6-7].

S. Łodziński in his expertise for the Chancellery of the Sejm (the lower house of the Polish parliament) describes hejt ("hate speech") as oral or written statements that are a form humiliation, scoffing or accusation towards a group or individual for reasons that are in part independent of that group or individual. It may be racial, ethnic or religious affiliation, as well as gender, sexual orientation, disability, membership of a social group, territorial group, a specific profession or speaking a specific language [Łódź 2003: 5].

## Areas of “hejt”

Although on some websites online haters account for 25% of all the users, this is mainly the case on large and publicly accessible forums devoted to politics, social trauma, and world-view issues. On the other hand, we will not find hate speech almost at all on specialist portals, devoted e.g. to a particular hobby or an issue.

In Poland “hejt” is experienced mainly by representatives of national and religious minorities (Jews, Muslims, Ukrainians, the Romani), sexual minorities, people with the skin colour different than white, as well as refugees.

## Reasons for the “hejt”

Stereotypes and prejudices most often arise when people use simplified thinking patterns because they do not have sufficient knowledge of the given subject and have never met a representative of a minority themselves. Hate speech is therefore driven by fear of otherness - religious, cultural, sexual - and a sense of threat, harm caused by the presence of "strangers". Every fifth Internet commentary can be regarded as “hejt”. The scale of this phenomenon is largely due to the lack of legal regulations and negative social consequences of any kind.

Secondary prejudices play an important role in the formulation of hate speech, i.e. perceiving a given group as deserving to be treated badly because of its previous bad behaviour.

## Groups of people that most often fall victims of hate speech Poland:

- sexual minorities
- the Roma minority
- racial minorities (dark-skinned people in particular)
- Jews
- Muslims

- Ukrainians

## **Change in the amount of hate speech against selected social groups:**

The preliminary basic analysis shows an increase in the frequency of hate speech in Internet posts written both by adults and young Poles – but the increase is not substantial. General analysis shows, above all, a significant increase of the hate speech against Muslims. This can probably be linked with the ongoing migration crisis in Europe. More frequent hate speech against this religious group may also be associated with a general change in attitudes towards Muslims. Studies show that the bias against Arabs increased significantly in 2016 (8% of Poles declared sympathy and 67% aversion to this group) compared to the last survey in 2012 (in which 23% declared sympathy and 46% antipathy).

## **A turning point in the escalation of the hate speech against refugees**

When at the beginning of July Piotr Stachańczyk, deputy head of the Ministry of the Interior, announced that Poland was ready to receive 2,000 people as part of the European plan to relocate the refugees, the social media erupted with anger. 30 percent of the 7,000 examined statements expressed negative feelings towards the refugees. In 14% of negative comments Polish Internet users used racist, discriminatory, aggressive and vulgar terms. Some of the comments were shocking and there were even some posts expressing support for the terrorist Anders Breivik, who shot 77 people in Norway in 2011.

## **Hate speech against refugees**

Racist hate speech appeared on TVN 24's Facebook profile under the entry about the renovation of the barracks in the former Auschwitz-Birkenau Concentration Camp. Internet users suggested that refugees should be placed there and killed. A sample of racist entries: "We could reopen Auschwitz for immigrants and build the new gas installation", "Let's reopen the crematoria". The authors were ordinary Poles, happy parents and people fulfilled at work. A few examples: Under the post "For you we will do jihad in Poland". Another Internet user under the post titled "Refugees terrorize Germans in their own homes" wrote: "Let's set the stoves on fire in the former German death camps and spend the cattle there!" Another Internet user: "There is a refugee center in Oświęcim, the buildings are in good condition, there are showers, and cyclone B will be readily available".

## **Deregatory words towards foreigners used by the Internet users in Poland:**

- Czarnuchy,
- Brudasy,
- Ciapate,
- Skośnoocy
- Żółtek,
- Bambo,
- Małpa,
- Bambus,
- Asphalt

## **A review of polish research on “hejt” on the internet**

Most of the research on this issue is available online, with only few traditional publications.

2014 r. - a research conducted by the Centre for Prejudice Research of the University of Warsaw, commissioned by the Stefan Batory Foundation as part of the "Citizens for Democracy" programme. It covered a nationwide representative sample of 1007 adults and 653 secondary school students aged 16-18. Respondents declared that they had very frequent contact with hate speech on the Internet. There 70% of respondents encountered racist statements about dark-skinned people, and 77% encountered homophobic speech of hatred. For comparison, 43% of adult Poles heard homophobic statements outside the Internet, and 49% heard statements from friends that offended the Roma. As can be seen from the above data, online haters are more courageous than in real life as they feel safe and anonymous and thus more openly express their opinions [Internet 4].

2014 r. - A report from a survey which was the part of the 'Hateless Internet' project carried out under the Citizens for Democracy programme. It turned out that young people considered the hate speech to be a neutral term, which was true especially among junior high school students, and less frequently among secondary school students. They defined the term “hejt” as "anonymous insulting others" or simply "various insulting texts". The examples of hate speech against children were: negative comments under the pictures, especially on Facebook, which often led to the removal of the picture. The children also mentioned the act of altering photos and uploading them to pornographic sites and sending unpleasant, altered photos or vulgar videos. The participants also included swearing on the Internet and quarrels between friends on social networks, during which both sides, insulting each other, disclose publicly private information about the other person. Respondents mentioned also so-called “hate pages”, i.e. pages on which people gather and together attack a person. Such profiles can be found on Facebook and are aimed especially against famous people, but also against peers [Internet 2].

The study "Hejt w Internecie" ("Hate speech on the Internet") was conducted in 2015 as part of the social campaign "Recepta na hejt". The study was based on a survey on a group of 522 respondents aged 16-85. Interesting conclusions can be drawn by analysing the respondents' answers concerning the influence of hate speech on the credibility of individual persons. 37% of the respondents stated that a doctor who is attacked by haters is just as credible for them as the one without negative comments. 35% answered that this was a problem that had little impact on credibility. More than 25% stated that the credibility of such a doctor is much lower. The results were different with regard to politicians, as for more than half of the respondents, a criticized politician is equally credible, and for 18% a little less credible. Less than 25% of the respondents answered that it was much less credible. The least harmful hate speech turned out to be in case of celebrities. 13% of respondents stated that the celebrity victim of hate speech was a little less credible, 6% that it was much less credible, and 6% said that it was even more credible [Internet 5].

A survey conducted by SW Research – 53,4% of the respondents (most often men, people up to 24 years of age and those living in the bigger cities) have noticed hate speech on the Internet. 23.4% of SW Research's respondents experienced hate speech themselves as direct victims whereas 87% saw someone else being the object of hate speech.

Asked about the reason behind the hate speech, those who declared the direct experience indicated first of all negative emotions (one third of respondents), jealousy (25%), and 15% did not know the reason. 10% of respondents stated that hate speech was a form of criticism, 9% claimed that there was no reason behind hate speech, 7% that it was a by-product of irritation.

Similar answers were given to the question about bugging other people. In the study 68% of the respondents admitted to bugging others online (using hate speech), compared to 32% who had never done so. In the SW Research study, only 11,3% of respondents admitted to bugging others, mainly young (up to 24 years old) men with vocational and secondary education from medium and large cities.

Here the reasons given were slightly different: for 25% it was an expression of negative emotions, for another 25% it was just a form of criticism. One person in five did not know why they wrote such a negative comment. 15% admitted that they did it because they were irritated, 10% could not give any reason, and only 6% said that they were bugging others out of jealousy. The researchers asked also for the definition and explanation of hate speech. More than half of the respondents answered that it is a kind of action that aims to hurt/mock other people. 25% of respondents said that for some people hate speech is a form of spending free time. Interestingly, one in five respondents believes that hate speech is not a real problem and it has been 'created' artificially.

The analysis of the Internet leaves no doubt. We discuss the problem of hate speech extensively. Over the last year the words “hejt”, “hejter”, “hejtować”, etc. were used in Internet posts almost a million times (946 000). Their authors were mostly men (57% to 42%). Most often we write about hate speech on Facebook – in 6 out of 10 posts, Twitter (17%) and on photo and video portals, e.g. YouTube - every tenth comment there mentions hate speech.

## **Fight against hate speech**

Fighting hate speech on the Internet is not easy, because the opponent is difficult to identify and believes that he will not be punished, which of course is only illusionary. According to the above-mentioned SW RESEARCH research, the vast majority of Internet users (70,1%) believe that the fight against hate speech should take place on the Internet. This is the belief held mainly by young people (up to 24 years of age), people over 50 and women. More than half of the respondents (59,3%) believe that a good idea to stop the wave of hate speech is to remove malicious comments by the administrator of a given portal. You can also block IP of the hater or report posts as hate speech (46,5%). Nearly half of the respondents (45, 2%) stated that this type of behaviour should be penalised [Internet 6].

In order to fight hate speech on the Internet many foundations undertake activities with the goal of limiting and hopefully eliminating this problem in the future. One of the most important initiatives is the new social campaign of the Nobody's Children Foundation - "Huggle a hater", started on 16th April 2016 in the Presidential Palace. The aim of the campaign is to make young people aware of the harmfulness of hate speech, as well as the ways of reacting to it. To ridicule the haters, they are presented in a humorous way, as people who have nothing interesting to offer, so the only thing they can do is to offend other people. At the same time an appeal was made to the victims of the hate speech not to take it to themselves and to stand their ground and be able to react to aggression. To this end a video clip "Hug the hater" was recorded, and also a TV spot, a radio spot, a press advertisement and a series of graphic materials that can be used in response to the hejt [Internet 7] were prepared.

Whether or not these actions will be effective will probably turn out in the future when we compare the scale of the hate speech over the years and its effects on the Internet users.

## **Summary**

The Internet hate speech has different varieties because the motives and forms are different. Even human life tragedies, such as the fatal accident of a son of a well-known presenter, may be the source of hatred and hate

speech. There was also the case of a 14-year-old who committed suicide because he was not able to endure harassment from classmates who laughed at his alleged homosexuality. After this tragic death, a wave of hatred moved to the Internet, where profiles were created on social networks where young people offended the deceased teenager and trampled his memory. One of the most shocking fanpages was called "Dominik Szymański - it is good that he died". Internet 8].

This phenomenon surprises educators and psychologists as it seems that offending others on the Internet is accepted by a large group of Internet users.

In order to counteract this, it is certainly necessary to educate people from an early age, sensitize the educators to the problem and the educators need to know the dangers of modern technologies and respond to them timely and in an appropriate manner.

**Students:**  
**Karolina Stasieczek**  
**Agata Tryksza**  
**Julia Ogonowska**

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## **Offences, insults, harassment ....**

Things we have all seen in social networks without end. They have become normal, somehow part of it ... they are part of the effects of anonymity and the fact that anyone on the Internet can write / say anything at any time. Among them are Facebook posts, Instagram pictures or Twitter posts, and one of the bad things about them is that they can be offensive not just to one person, but to anyone reading that comment. They are an expression of hatred that rages wildly and indignantly at the poor victims in front of them smartphones or laptops. Those affected can not turn around, go away and ignore what has been said. You can not hope that nobody noticed. Someone had already read it, someone has this image in their minds now and somebody has not cared what they just slandered.

The perpetrators, on the other hand, have a sense of power, of excitement, perhaps even of recognition. The insults have long since hit not only acquaintances. Often there are well-known people who are hit by hate dictators. "If I post under the Instagram image of a famous model that she looks like she's half dead, she would not see it anyway. It would only be funny. " That's what makes the insults of strangers so easy. We do not feel guilty. We do not see anyone crying out of the room and certainly we do not see someone who holds us accountable for our actions. "There's no threat of punishment, except maybe if we push it too far."

## **But is that right? Are not there already countermeasures?**

On Facebook and Co., you can already block users, delete posts under his own posts or delete other posts for bullying, racist comments or the like. A step in the right direction, but it sounds more like aftercare than after precaution.

Another method is to teach schools about the dangers and violence that takes place on the Internet. In a way, preparation and help at the same time, since bullying usually occurs among young people. Potential perpetrators may also be stimulated to think again, because a perpetrator is just as fast as a victim.

The most important thing is to have in mind that there is also a person sitting on the other side who has to see and endure these things.

Often there are so-called "Shit-storms" on the Internet, where it is almost "cool" not to like or have someone. A-mostly-known person (or company) becomes the victim of many. A kind of peer pressure escapes and suddenly there is no one to protect the person who suffers as much as anyone else.

Incredibly many people form an opinion about something they know too little about. It's easy to type a few letters into the keyboard, upload a picture or just like an insulting comment. Cyberbullying is said to be possible on so many levels. The Internet gives the perpetrators security and still lets them "brag" about their actions in front of others.

However, it is not just teenagers who use this internet space to bully their peers or teachers. The Internet also creates space for right-wing extremists, racists, sexists ...

It is easy to reach people who are easy to influence and / or embitter with the hate-sensitive comments. One manages to find larger groups of people and can only present what they want to present. Influencing is thus extremely simplified. You just have to look at all the "fake news" that are in social media.

# HATE ON THE INTERNET

I Społeczne Liceum  
Ogólnokształcące  
Zamość, Poland

The Internet has become a place that goes beyond much more than just the "simple" school playground afflictions. Social media are used to support political actions. They have long served as a theater of war or are a tactical move in an election campaign.

Much of what we read on the internet is filled with hatred. We watch video of hate speech, read such harmless-looking comments that may make someone cry and all of that affects us. It's up to us to post a video or diplomatically (!) Reply to an insulting comment and not to look the other way.

It is up to us to change something, because as Gandhi said: "Be yourself the change that you desire for this world".

**Students:**  
**Zuzanna Kotlińska**  
**Rosa Skiba**

# HATE EXPRESSIONS

1st EPAL  
of Orestiada,  
Greece



Erasmus+



## Hate expressions

1<sup>st</sup> EPAL of Orestiada  
Greece

### Video about Albanians



<https://www.youtube.com/watch?v=9tp4KfQ1D4I>  
1.586.142 views

### The arrest of the gypsy woman



Η ΣΥΛΛΗΨΗ ΤΗΣ ΤΣΙΓΚΑΝΑΣ \_ The arrest of the gypsy woman  
<https://www.youtube.com/watch?v=mSifGgdKMUM>  
272.583 views

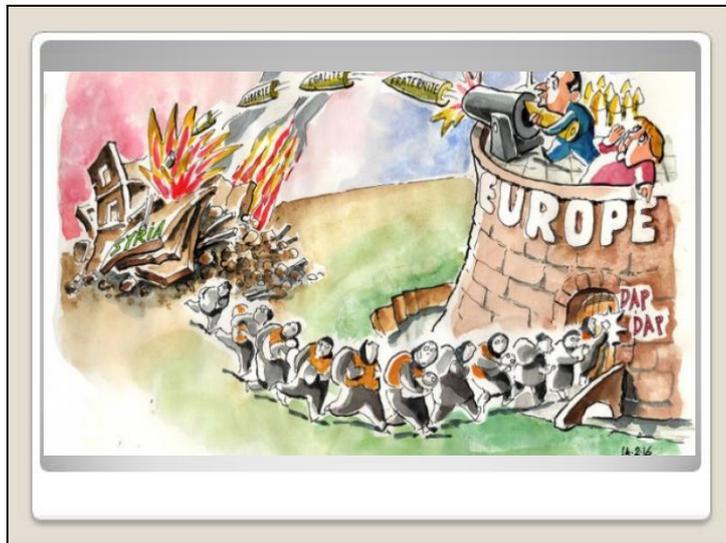
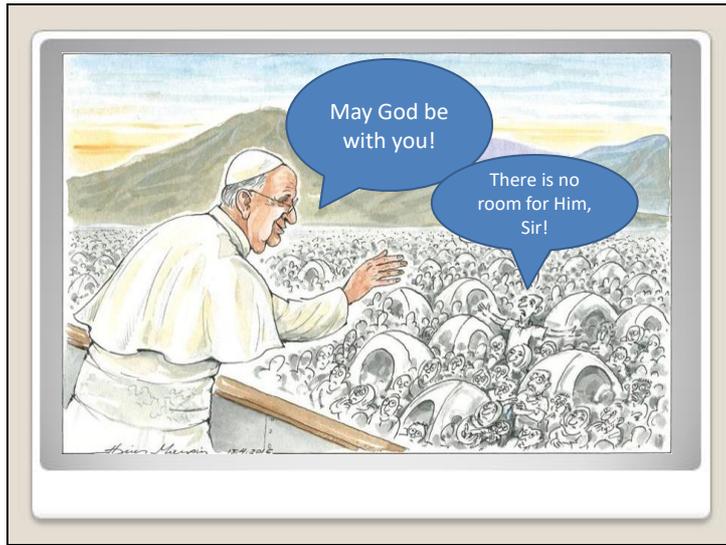
## Comments on the video of the gypsy woman

- The gypsies are the most dishonest people.
- They consider themselves above the law, they do what they like and stay unpunished most of the times.
- Damn gypsies! Drug dealers and criminals!
- Dirty gypsies! They don't offer anything to society, they live at our cost! Unfortunately they reproduce like rabbits!
- Poor police officer! Now all the gypsy camp will hunt you!
- Immediate deportation to all gypsies!
- Damn gypsies, fire on you!



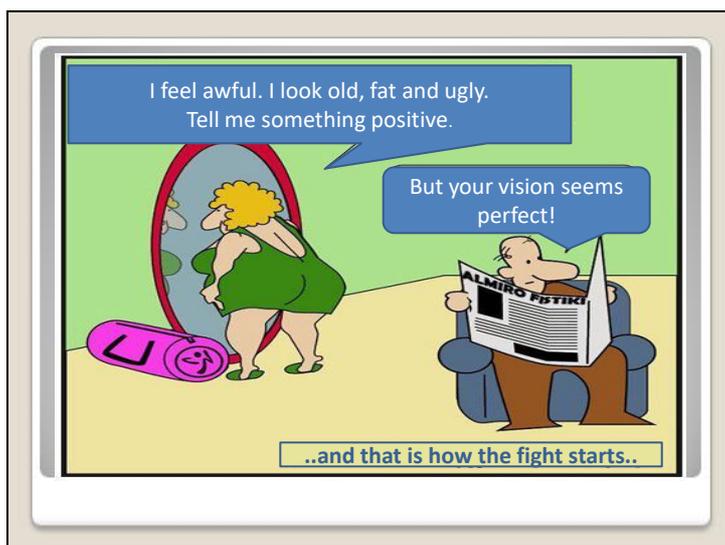
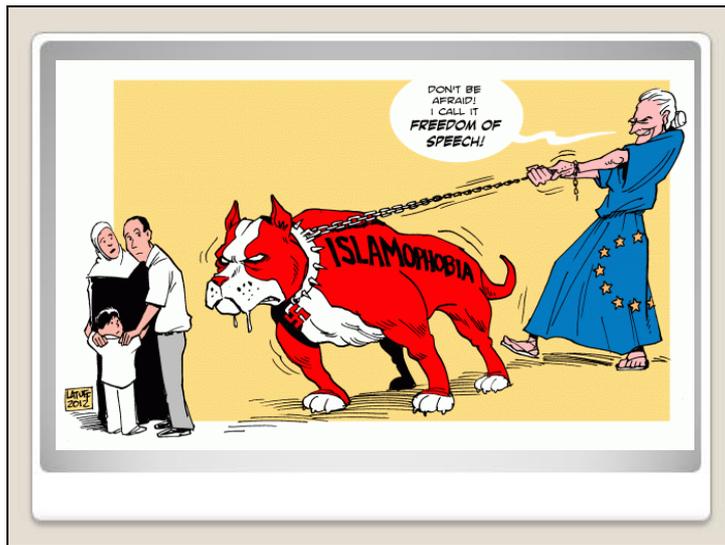
# HATE EXPRESSIONS

1st EPAL  
of Orestiada,  
Greece



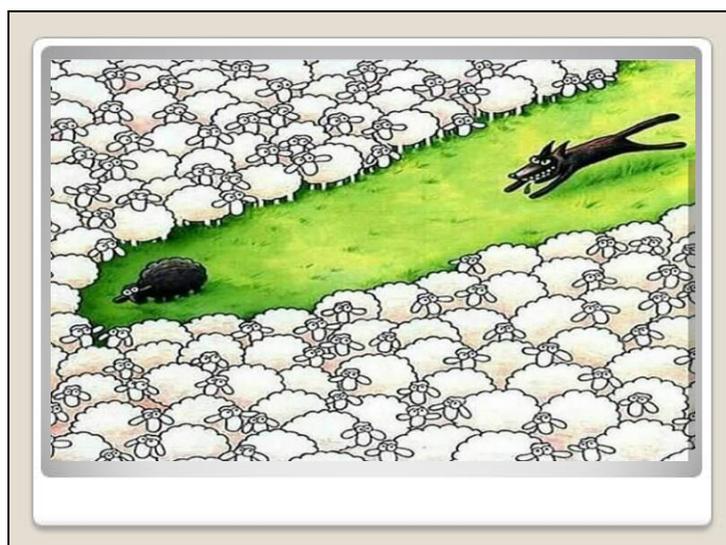
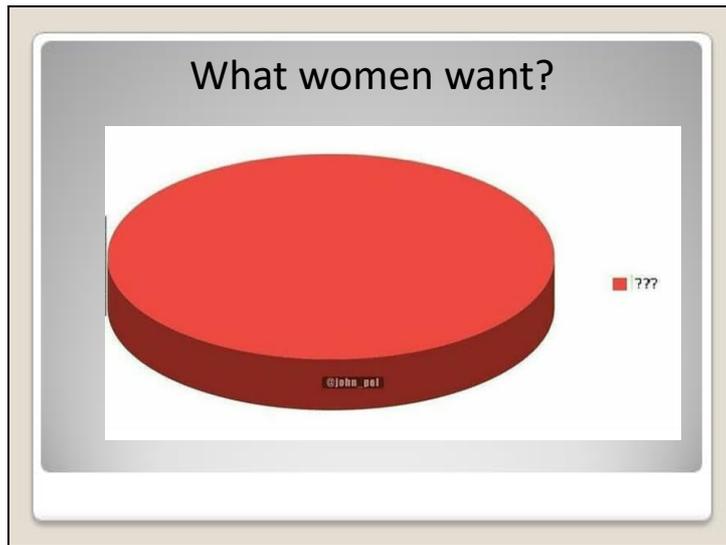
# HATE EXPRESSIONS

1st EPAL  
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Greece



# HATE EXPRESSIONS

1st EPAL  
of Orestiada,  
Greece





## Jokes about nationality 1

### [A French, a Greek and the Albanian](#)

There was a French, a Greek and an Albanian travelling by plane. At some moment the French guy says:

- We are flying over France.
- How do you know? The other two asked.
- I put out my hand and touched the Eiffel Tower.

After a while, the Greek guy says:

- We are flying over Greece.
- How do you know? The other two asked.
- I put out my hand and touched the Parthenon.

After a while, the Albanian guy says:

- We are flying over Albania.
- How do you know? The other two asked.
- I put out my hand and my watch is missing!

<http://asteia-anekdota.gr>

## Jokes about nationality 2

- You have a black man and a Jewish man  
Who do you kill first?
- The Jewish man. First business, then  
pleasure.

[http://boring32.blogspot.gr/2007/07/blog-post\\_16.html?m=1](http://boring32.blogspot.gr/2007/07/blog-post_16.html?m=1)

## Jokes about nationality 3

- What separates men from animals;
- The Mediterranean sea

[http://boring32.blogspot.gr/2007/07/blog-post\\_16.html?m=1](http://boring32.blogspot.gr/2007/07/blog-post_16.html?m=1)



## Hate Speech - Love Speech

Team Germany

## Hate Speech - what is it?



- ❖ Sprachliche Ausdrucksweise von Hass
- ❖ goal: vilification of a person or a group
- ❖ different opinions (people using hate speech want to exclude people and use violence)
- ❖ by law: sedition
- ❖ origins: racism, sexism and antisemitism

## Examples for Hate Speech

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- ❖ „Geh Sterben.“ -Jeder stirbt irgendwann.
- ❖ „Halt die Fresse!“ -Keine Sorge ich schreibe nur
- ❖ „Niemand will dich sehen!“ -Meine Freunde schon.
- ❖ „Die beste Erstaufnahme wäre das Mittelmeer“  
-Da wollte ich schon immer mal hin.
- ❖ „Missgeburt!“-Danke.
- ❖ „Geh dich vergraben.“-Hab keine Schaufel.
- ❖ „Fette Sau!“-Ich bin nur gut gebaut.

- ❖ „Now that Trump is president, I`m going to shoot you and all the blacks I can find.“ -You wouldn't do this anyway.
- ❖ „You piece of shit.“ -Have you looked in the mirror?
- ❖ „Bitch.“ -Thanks.
- ❖ „You are fucking ugly.“ -Thanks for your opinion.
- ❖ „I gonna kill your whole family.“- Ok, ruin your life.
- ❖ „Kill yourself!“ -Sorry but I love my life.

## What can we do?

- ❖ ignore it
- ❖ discuss it
- ❖ use irony

—> do something!



## Hate Phrases in French and English

« On ne vit plus comme des Français, à la française, à cause des immigrés. » - « We do not live like French anymore, in the French way. »

« Les gens ne vivent pas ensemble. » - « People do not live together. »

« Prendre des millions de musulmans, les mettre dans des avions pour les chasser .» -  
« Taking millions of Muslims, putting them in a plane to chase them. »

« Les femmes n'expriment pas le pouvoir, elles ne l'incarnent pas, c'est comme ça. Le pouvoir s'évapore dès qu'elles arrivent. » - « Women don't express the power, they do not embody it, that's a fact. The power evaporates as soon as they arrive. ».

« La plupart des dealers sont Noirs et Arabes, c'est comme ça, c'est un fait. » - « Most of dealers are Black or Arab people. »

« La discrimination, c'est la vie, les employeurs ont le droit de refuser des personnes en raison de leur couleur de peau. » - « Discrimination, that's life, employers can refuse people because of their skin colour. »

« Je pense que 90 % des délinquants mineurs sont des Noirs ou des Maghrébins. » - « I think that 90% of young delinquents are Black or Arab people. »

« Je n'ai pas envie que ça devienne le Liban chez moi. » - « I don't want my country to become Lebanon. »

« La France est un pays judéo-chrétien de race blanche. » - « France is a Judeo-Christian country of white race. »

« Les homosexuels sont une abomination. » - « The homosexuals are an abomination. »

« Les juifs sont des criminels et sont nos ennemis. » - « The Jews are criminals and our enemies.»

# HATE IN INTERNET

Lycée Claude Gellée,  
Epinal,, France

Populism and hate against refugees and migrants is widespread in internet and unfortunately the hate is increasing in spite of school education, organisations like Amnesty International, Human Right Watch and other human rights organizations.

The hate is often irrational and absolutely not founded. Therefore, the initiatives worked out with the ERASMUS-partners aimed at meeting of refugees and to talk about the topic concretely in Greece, Italy, Poland, Germany and France with all ERASMUS-partners are important. By meeting refugees, you will change your prejudices.

In Epinal for example the students met Ameen Al Halabi, video producer, journalist and photographer who stayed in Aleppo from 2011- 2017 under the bombing of the town by the dictator Bachar Al-Assad. He took out very impressive pictures and videos. A documentary “Good bye Aleppo” was realised and won the International Emmy awards for the best documentary in New York 2018. The syrian refugees risked their lives to bring out these testimonies of war crimes. For the students it’s important to understand the origin of persecution and war crimes the reasons of flight for millions of refugees. It’s important to exchange with Amen Al-Halabi, with people who had to flee from their country and to get in contact with their difficulties. The students are confronted with hard reality and have to think about the answer that Europe must give to these human tragedies.



Besides the hate against refugees and migrants hate is obviously an increasing phenomenon in internet. Students are sometimes victims of verbal and physical aggression caused by other students. This kind of cyber bullying is related in internet and facebook so that a large number of people are informed. This method is usually used by an aggressor who wants to destroy the victim by attending the reputation and the integrity of the person. Obviously, there are not really instruments of control in order to break this harsh form of psychological attack. Sometimes victims will inform police and justice but often there is a kind of shame and ignorance in order to speak to someone and to take a decision of protection.

# HATE IN INTERNET

Lycée Claude Gellée,  
Epinal,, France

As the social network is used more regularly by young people and students, we'll have to be attentive concerning the repercussions on the victims.

Often the cause of a denunciation in internet is a personal conflict, jalousie and a form of sick domination on a person that is chosen to be the target. The victim is often a person who is not able to defend himself and the predator chooses the person as he/she knows the weakness of the victim.

Therefore, we've to be very careful and attentive with any conflict within a group of young people. If we're not sensible the consequences can be dramatic up to suicide.

A good cooperation has to be organised and a clear and openhearted communication with every group in order to stop right at the beginning any form of repression and dangerous intentions.

Cyber-bullying can be compared to a form of lobbying that manipulates people and weak people will easily be influenced by the aggressor and be on his side.

In order to break each initiative that could have terrible consequences on the victim we've to communicate, to explain the behaviours and to invite everybody not to keep quiet but to speak about feelings and moral health.

Spots and publicity involving the phenom of hate in internet must be posted worldwide in order to fight this unacceptable circumstance.

Teachers, direction, health administration in schools have to take the problem in consideration and have to be an interlocutor for young people.

To put the whole matter in a nutshell, the ERSAMUS project is a form of creation bridges between tolerance, respect and openness between young people.

The students who have taken part in Erasmus-Project are a kind of intermediaries in order to fight against each form of hate in internet against refugees, migrants, minorities, strangers...

Young people who lived the lifelike amazing melting pot of Erasmus won't be influenced or would be very critical against populism, racism and xenophobia.

Indeed, the hate is very widespread in internet and pedagogic steps with young people should be taken to reduce this phenom.

Finally, the education of the European values and the human experience of European teamwork are important means to face the increasing hate in internet and to react as a mature citizen.

*"Words have a great power: they give a shape to our thoughts, carry out knowledge, help to cooperate, build visions, enchant, cure and make us fall in love. But words can also hurt, offend, insult, trick, destroy and marginalize"* (Fabiana Martini, journalist cooperating with Parole O- Stili).

Italian present society is dominated by Internet diffusion and by a high connection of human relationships; this phenomenon has made on line communication a sort of big daily and continuous dialogue involving any internet user and constantly growing with good or bad contents.

In 2016, 74% of Italian Facebook users had a daily access, while in the rest of the world the average was around 55%. Besides, 85% of Italians own a smartphone, which encourages web relationships and the exchange of messages even during mobilities.

Owing to all social networks growing faster and faster, this phenomenon is fed by commentaries, likes and sharing of messages which are not always very kind. A recent survey by Parole O-Stili (Ho- Style Words), an Italian on line community against violent words, shows that in 80 million tweets shared in Italy in 2017, anger tweets were more than love tweets.

We find very useful at this purpose Professor Giovanni Ziccardi's analysis about different forms of "hate speech" widely used on web: racial or politic hate referred to some specific groups, or offenses and obsessive behaviours towards single persons like in molestations or hazing actions. In his opinion the web does not create "hate" itself but it is a canal in which intolerance and violence words assume a new identity, owing to the Internet power in spreading news or information as no other means did before. In this case the expressions of hate are more visible and so are the damages. This is caused by the power of message amplification, the persistent information on the web, the virality and sharing of hate.

Trying to find a solution to stop this phenomenon is not easy at all, since the three "weapons" available in a Country: education of the students or citizens, a good use of Law and technology to control hatred expressions are less and less efficient in nowadays society; a good balance among the three should be desirable!

**Teachers:**

**Elena Rago,**

**Rosalba Zotta**

Sources: Giovanni Ziccardi: L'odio online. Violenza verbale e ossessioni in rete (Hatred on line. Verbal violence and on line obsessions).

Meet Me Tonight, Milan, September 2018, "L'odio in rete"- hate on Internet Le Conseguenze delle Parole. Appunti per una comunicazione non ostile, di Chiara Spadaro, Febbraio 2019

## PHRASES OF LOVE AND HATE

*Love me or hate me, both are in my favor.  
If you love me I will always be in your heart.  
If you hate me, I will always be in your mind.*  
(WILLIAM SHAKESPEARE)

*You know we are made of love and hate  
but they both are balanced on a razor blade.*  
(ED SHEERAN)

*Shouting "I hate you" through tears drips much more love  
than whispering "I love you" with a smile.*  
(ISTINTOMAXIMO, TWITTER)

*Love as if you should hate later. Hate as if you were to love later.*  
(MARCO TULLIO CICERONE)

*You can hate by continuing to love.*  
(JEAN-CLAUDE IZZO)

*There is really not much difference between love and hate.  
They both go out of control easily and one turns into the  
other.*  
(RICK RIORDAN)

# PHRASES OF LOVE AND HATE

"F.S. Nitti" AS,  
Potenza, Italy

*No hate is as strong as that one coming from love.*  
(ITALIAN PROVERB)

*Hate makes you powerless and love makes you crazy.  
More or less you can survive in the middle.*  
(TAKEN FROM THE MOVIE "THROW YOUR MOTHER FROM  
THE TRAIN)

*Love is the most calculating feelings.  
If it is unrequited, it turns into hate.*  
(ROBERTO GERVASO)

*Pretending love is worse than hating.*  
(PLINY THE YOUNG)

*If this is your way of loving, please hate me.*  
(MOLIERE)

*Hate is our protest against the "impossibility" of loving.*  
(THOMAS MERTON)

*The automatic corrector is the classic example of love and hate.*  
(TWITTER)

*Love and hate are not blind, but they are blinded by the  
fire that they carry within them.*  
(FRIEDRICH NIETZCHE)

*Politicians know neither hate nor love.  
They are driven by interest and not by  
feelings.*  
(LORD CHESTERFIELD)

# PHRASES OF LOVE AND HATE

"F.S. Nitti" AS,  
Potenza, Italy

*We have too many religions to hate each other, but not enough  
love one another.*  
(JONATHAN SWIFT)

*Hate paralyzes life; love frees you. Hate confuses life; love harmonizes it.  
Hate obscures life; love illuminates it.*  
(MARTIN LUTHER KING)

*Hate is something weak. Love instead, takes strength, so much strength.*  
(FATHER TONIO)

*I don't have time to hate people who hate me, because  
I'm too busy loving people who love me.*  
(ANONYME)



**THE END**