



## Bring Unity to Your Community!

This is all of our challenge – build more bridges to build unity and break down divisiveness in our America.

Take the Unity Challenge!! Make a video showing your friendships across diversity and lead or participate in one or more of these activities:

- ✓ Organize a multicultural lunch at work or school
- ✓ Read a book or watch a movie about a different culture/gender/age group/ socioeconomic status/religion/philosophy, etc.. Influence others to do the same and discuss your impressions and insights
- ✓ When you find you have different political views from someone, don't get emotional and argue – that builds roadblocks, not bridges. This is about UNITY, so instead, follow this good [advice](#) on how to more positively deal with differences in political opinions
- ✓ Encourage your children to build friendships with other children who are different in some way from themselves
- ✓ Start a local “Unity Day” with your neighbors
- ✓ Speak up when someone uses racist or otherwise disparaging language about other groups – research shows they are unlikely to repeat that manner of speaking thereafter. Review these [tips](#) from [tolerance.org](#).
- ✓ Go to a house of worship/gathering place for a different religion or philosophy
- ✓ Get involved in a local community group (as a volunteer, as a member of Board of Directors, etc.) aimed at bringing people together or helping the disadvantaged
- ✓ Ask your local school to start a [Council for Unity](#) chapter if they don't already have one

Do you have an idea to add? Click [here](#)