

How to be an ally



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GET THE TROLLS TV

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INTRODUCTION

Islamophobia Awareness Month (IAM)

Islamophobia Awareness Month (IAM), held every November, serves as a powerful reminder of the need to tackle anti-Muslim hate and discrimination across the UK and Europe. This annual campaign brings together communities, organisations, and activists to address the misconceptions and stereotypes that fuel Islamophobia or anti-Muslim hate. By highlighting these issues and promoting awareness, IAM fosters unity and understanding, working toward a future free from hate.

At Get The Trolls Out! (GTTO), IAM is a pivotal moment to amplify our mission of combating hate speech, challenging harmful narratives, and advocating for fair representation of Muslim communities in the media. As part of our work, we monitor media outlets and online spaces to expose and counteract Islamophobic content. By holding platforms accountable and educating the public, we aim to create an environment where diverse voices are respected and celebrated.

What is Islamophobia?

Islamophobia also referred to as anti-Muslim hate is more than just prejudice or fear—it manifests as systemic discrimination, harassment, and violence targeting Muslim individuals and communities. This harmful bias is often perpetuated by misleading media portrayals, political rhetoric, and online hate speech, all of which contribute to the marginalisation of Muslims. Combatting Islamophobia requires dismantling these harmful stereotypes and promoting accurate and positive narratives about Muslim identities and experiences.

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**GET THE
TROLLS**
UNDIVIDED ACTION ON DIVISIVE SPEECH

Get The Trolls Out! (GTTO) is a project led by the Media Diversity Institute which aims to combat religious discrimination, with a focus on antisemitism, anti-Muslim hate, and other forms of hate in the media and online.

Partnering with six like-minded organisations across Europe (Moldova, France, Germany, Poland, Hungary and Belgium), GTTO monitors hate speech, exposes biased reporting, and provides resources to counter discriminatory narratives. By raising awareness and promoting positive change, GTTO aims to ensure that media platforms uphold standards of fairness, accuracy, and inclusivity.

WHO ARE WE?

Fighting
religious
hate speech

monitoring

complaints

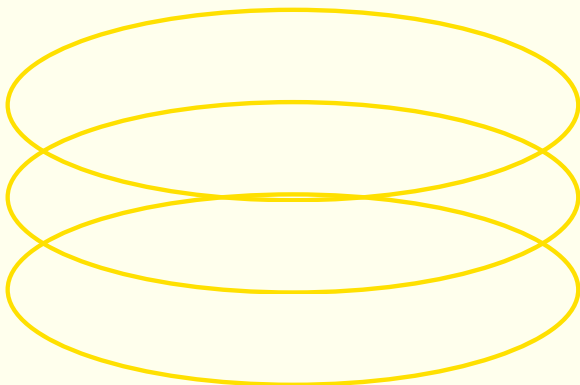
campaigns

How do we create impact?

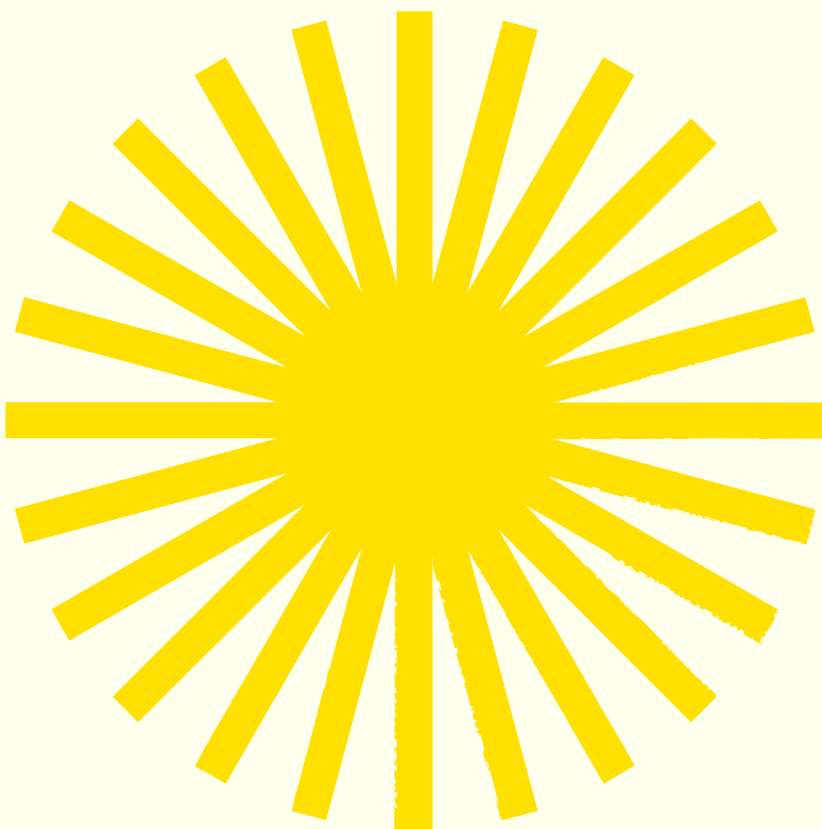
Monitoring: Our work relies on continuous monitoring of anti-religious discourse by public figures in the media, with findings shared via reports and monthly meetings with our partners.

Complaints: We address anti-religious speech by exposing and countering it through articles, videos, blogs, letters, editor meetings, and reporting hate speech on social media.

Campaigns: We run campaigns like Islamophobia Awareness Month, Refugee Week, and initiatives tackling anti-religious sentiment, AI&Disinformation, and more.



**REPORT.
EDUCATE.
EMPOWER.
BE PART OF
THE
SOLUTION.**



UNDERSTANDING ANTI-MUSLIM HATE IN THE MEDIA

Anti-muslim hate is a growing concern not just in the UK, but across Europe. Our partners in Poland, Germany, Hungary, France, Moldova, Belgium, and the UK have all observed an alarming rise in Islamophobic incidents in their respective countries. Monitoring efforts across these nations have shown a significant increase in discrimination and hate speech targeting Muslims, with notable peaks in hostility since October 7th, 2023. This surge in anti-Muslim hate has been reflected in both online platforms and offline events, highlighting the urgent need for collective action to address this issue and protect Muslim communities from harm.

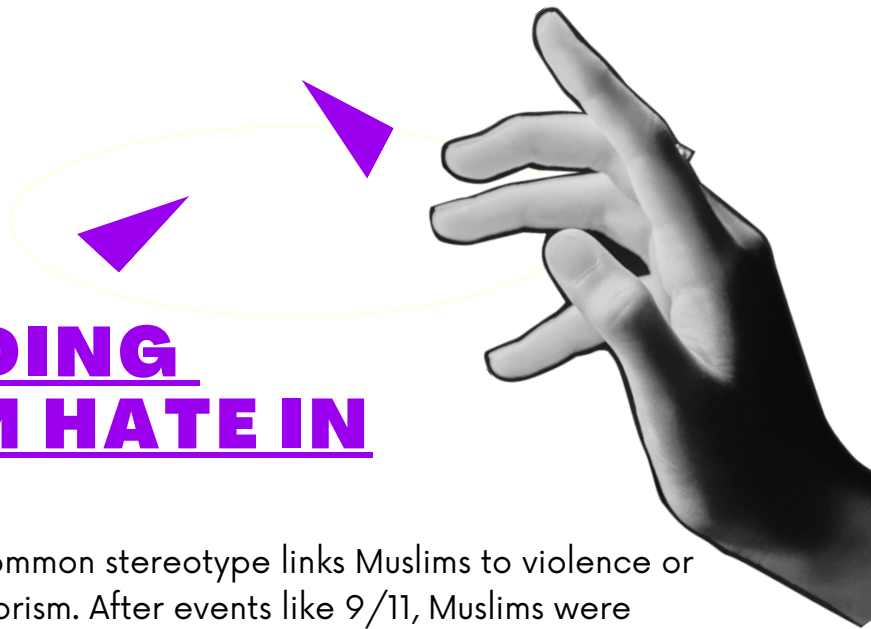
A common stereotype links Muslims to violence or terrorism. After events like 9/11, Muslims were unfairly labelled as dangerous, and this idea is still used today. It creates fear, leads to discrimination, and harms innocent people.

Another stereotype claims that Islam is unfair to women. Some media focus on things like wearing the hijab or issues in certain countries, making it seem like all Muslim women are oppressed. This ignores the fact that many Muslim women are strong leaders, activists, and role models.

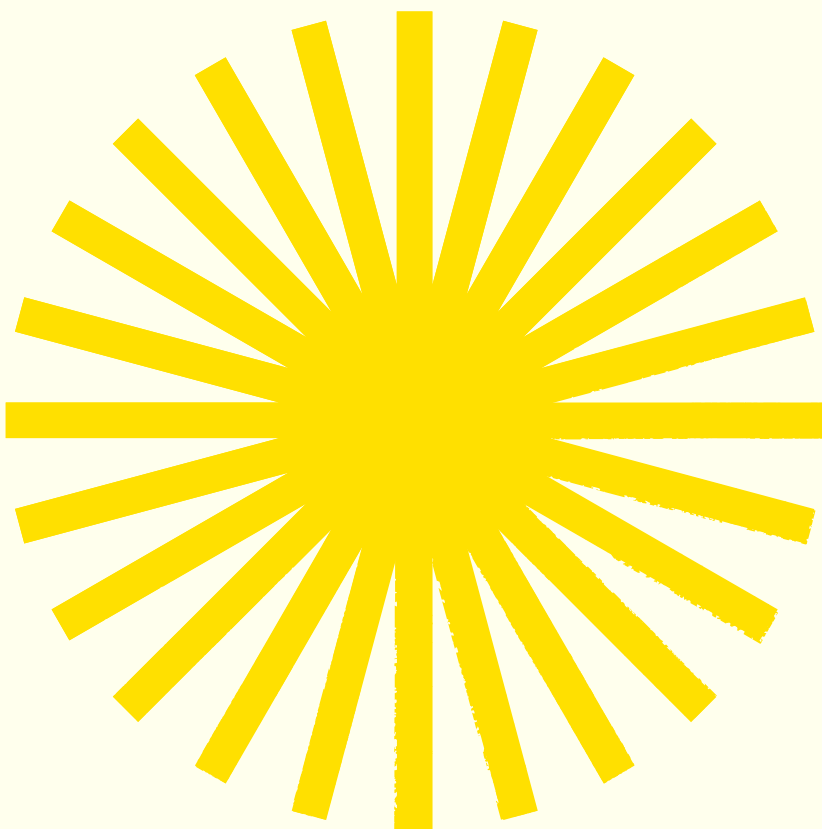
Some people also believe that Islam doesn't fit with Western values. This stereotype suggests that Muslim immigrants threaten Western traditions, but it overlooks that Muslims have lived in Western countries for generations, contributing to culture, work, and society. The media often treats Muslims as if they are all the same. It ignores the rich variety of cultures, traditions, and beliefs in Muslim communities. This oversimplified view prevents people from understanding the true diversity within Islam.

Finally, the "Islamisation" or "Great Replacement" myth claims that Muslims are trying to take over Western societies. This idea, often spread by far-right groups, isn't true and spreads fear and hate. It makes people think that diversity and immigration are threats instead of strengths.

These stereotypes hurt Muslim communities and divide society. It's important to challenge these ideas and understand the truth about Muslims. By seeing the diversity and contributions of Muslim communities, we can help create a more inclusive and fair world.



**HATE SPEECH
THRIVES IN
SILENCE.
LET'S MAKE
SOME NOISE
AGAINST IT**



We must break
stereotypes and
build understanding.

HOW TO BE AN **ALLY**



Being an ally or a friend, in the fight against anti-Muslim hate means standing up against prejudice, educating oneself and others, and actively supporting Muslim communities.

Small steps like correcting misinformation, amplifying positive Muslim narratives, and challenging harmful stereotypes make a significant impact.

What can you do?

- 1. Educate yourself and others: Learn about anti-Muslim hate, its impact, and the diverse experiences of Muslim communities. Share this knowledge to challenge misunderstandings and misconceptions.**
- 2. Correct misinformation: When you encounter false or harmful information about Muslims, speak up and provide accurate facts to dispel myths and stereotypes.**
- 3. Amplify positive Muslim voices: Support and promote the contributions, achievements, and stories of Muslims to counter negative portrayals in the media and society.**
- 4. Challenge harmful stereotypes: Stand up against discriminatory jokes, language, or behaviour that perpetuate . Encourage respectful, inclusive conversations that foster understanding.**

Reporting hate speech is essential in combating anti-Muslim hate. GTTO urges individuals to report incidents to social media platforms and local authorities. They provide a "Report Hate Speech" section on their website for users to submit cases. Consistent reporting helps hold offenders accountable and promotes safer, more inclusive environments. A step-by-step guide for reporting hate speech is also included.

**REPORT
HATE
ONLINE**

How to report a video

- 1. Go to the video that you want to report.**
- 2. Below the video, click More Report .**
- 3. Select the reason that best fits the violation in the video.**
- 4. Click NEXT.**
- 5. Give any other details that may help the review team to make their decision. Include timestamps or descriptions of the violation, if possible.**
- 6. Click REPORT.**



How to report a channel

- 1. Go to the channel page that you want to report.**
- 2. At the top, click ABOUT.**
- 3. Click Report user .**
- 4. Select the option that best fits why you want to report the channel:**
- 5. Report channel art**
- 6. Report profile picture**
- 7. Report user**
- 8. Optional: The window that opens may ask you to enter more details. Enter any other details that you want to share.**
- 9. Click SUBMIT.**

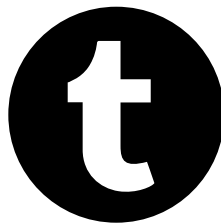


To report a **message** on Facebook that violates Community Standards

1. Open the message and click Report.
2. Provide feedback on why it violates standards.
3. Submit a report to Meta in some cases.
4. For secret conversations, follow separate instructions.
5. Use the Messenger app to report messages.
6. For immediate danger, contact local police.

To report a **profile** on Facebook

1. Go to the profile you want to report
2. Click on the three dots
3. Select "Find support or report"
4. Choose the option that aligns with the issue
5. Click "Done"
6. You can also unfriend or block someone who is bothering you on Facebook.



To report a TikTok video on the app:

Tap Share on the video
Select Report and reason
Press Submit

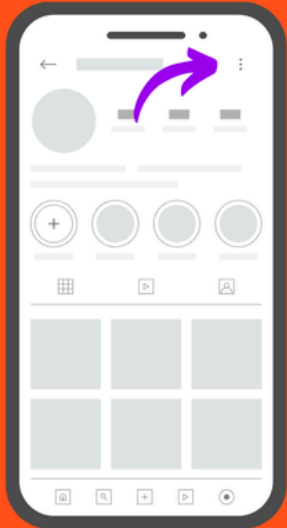
On web browser:

Click More options
Choose Report and reason
Select scenario and subtopic
Press Submit

To report an account on TikTok, follow these steps:

In the app
Go to the profile, tap Share, then Report, select Report account, choose a reason, and Submit.

On the web
Visit the profile, tap More options, then Report, select Report account, choose a reason, and Submit.



Report someone through their profile
Click their username from their Feed or story post, or click and search their username to go to their profile. Click next to their username. Select Report, then select the type of account that you want to report and follow the on-screen instructions.



Report a post through feed:
Click in the top right of the post. Select Report and follow the on-screen instructions.



To report an individual message or conversation

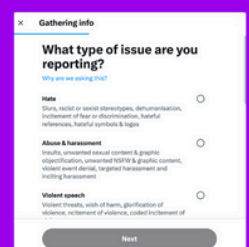


1. Select the message to report in a Direct Message conversation.
2. Click the information icon and choose "Report @username."
3. Provide details if it's abusive or harmful.
4. Recommendations for further actions will be given after submitting the report.

When reporting a post on X



1. Navigate to the post on the X website or app.
2. Click on the three dots, then Report.
3. Choose who the report is for.
4. Provide details about the issue and select additional posts if needed.
5. Confirm the report details and any rule violations.





CONCLUSION

In this Islamophobia Awareness Month, let us reaffirm our commitment to building a society where diversity is celebrated and mutual respect thrives. Challenging stereotypes, addressing biases, and standing up against anti-Muslim hate are responsibilities we all share.

By educating ourselves, supporting the Muslim community, and fostering meaningful dialogue, we can combat prejudice and create a culture of understanding and inclusion. Together, we can ensure that everyone, regardless of their faith, feels safe, valued, and empowered to contribute to our shared future.

At Get The Trolls Out!, we believe that diversity is our strength—and it is up to all of us to nurture it.





**GET THE TROLLS OUT, PROJECT LED BY
MEDIA DIVERSITY INSTITUTE, UK**