

Human Race Movement's *Embrace HD* *Presentation Guide*

For Parents/Teachers



Created by:

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Philadelphia, PA

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www.HumanRaceMovement.com



Human Race Movement's Mission Statement:

"To promote Human Dignity."

Human Dignity means to honor our humanity, regardless of our differences. We honor our humanity by committing ourselves to being respectful, forgiving, and seeking justice for wrongdoing. With human dignity as our guiding principle, we will move towards peace & unity while moving away from division & hate.

To be united by love, we must focus on our
race, gender, sexuality, religion, class, **humanity!**

Greetings

Hello Parents/Teachers,

My name is Anthony Coleman. I'm the founder of *HRM's Embrace HD Presentation Guide*. For a long time, it's been my passion to make a positive impact in our society and with my *Guide*, I believe I will do just that! Since the youth (*Middle and High schoolers*) are my target audience, I want to share my *Guide* to as many parents/teachers as I can for they can use it to encourage the youth to have HD (*Human Dignity*)!

I believe that human dignity needs to be the guiding principle of our humanity. Since we are all human, we must hold ourselves and each other accountable to Embrace HD. That's the only way we will obtain peace & unity.

Thank you for being interested in my *Guide*! I hope it will be an edifying experience for everyone!

All the best,

Anthony Coleman



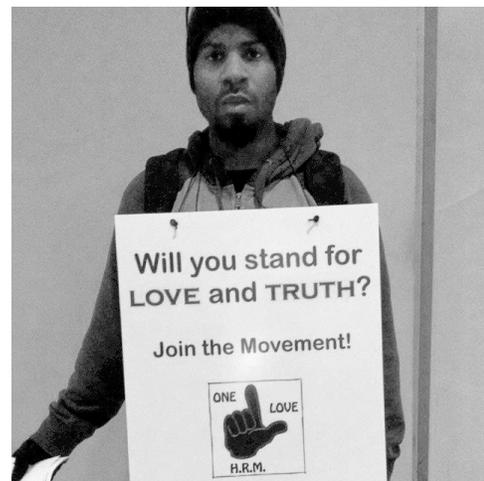
Why Am I Qualified To Create This Presentation?

By. Anthony Coleman

I consider myself qualified because I am undoubtedly convinced that our focus on our differences such as race, gender, sexuality, religion, class, etc., will not lead us to peace & unity! Being distracted by our differences will only cause more division & hate. There is only ONE way to achieve peace & unity, and that's by embracing human dignity!

Based on my observations from my personal experiences and from history, I realized that it's absolutely essential for human beings to live by a guiding principle that will keep us focused on what's most important. (*Which is love!*) I propose that human dignity is that guiding principle because no matter what our differences are, we are all able to show love to one another. How? Because showing love is an ability that humanity has, not certain groups of people. Our differences are irrelevant if it's human dignity that will lead us to peace & unity!

This presentation is the result of many years promoting the message of human dignity. I started promoting around 2014 and even though my effort has been basically overlooked so far, I will not give up trying to bring awareness to this guiding principle. If we want to be united by love, then we must hold ourselves and each other accountable towards embracing HD!



(Promoting in 2014 at Philadelphia, PA)

Q- Anthony, do you support the Black Lives Matter movement?

A- I obviously agree that black lives matter, but I don't support the movement for two reasons:

- 1. Black lives matter because black people are human, not because they are black.*
- 2. I believe the message of human dignity is more effective than BLM because a black person can hate white people and represent BLM, but a black person cannot hate white people and represent human dignity!*

"I think this Guide is fantastic. It speaks at a level HS students can understand but does not patronize- rather, it challenges and edifies." - *A School Social Worker*

Mission & Vision

The Mission:

To encourage the youth to establish a foundation of human dignity by explaining the *What, Why, and How* of HD!

- *What is human dignity?*
- *Why is human dignity important?*
- *How can we achieve human dignity?*

The Vision:

To live in a nation where we honor our humanity, regardless of our differences. Once we do, we'll feel responsible to care for, respect and forgive one another. This will lead us to peace & unity while leading us away from racism & hate.

What You Will Need: Handout #1

If you believe
**RACISM IS
WRONG,**
then please say...
“One Love.”

What You Will Need: Handout #2

Let's Embrace HD!

What?:

- Embrace HD! (*Human Dignity*)

Meaning: "To honor our humanity, regardless of our differences."

Why?:

1. The goal is *Peace & Unity*.
2. Love is *the way to Peace & Unity*.
3. We, as humanity, have the ability to love.

How?:

- Embrace the 3 Good Acts of Love!

1. Be Respectful. (*Don't insult!*)
2. Be Forgiving. (*Don't hate!*)
3. Seek Justice for wrongdoing. (*Don't ignore!*)



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HRM's Embrace HD Presentation Guide in ACTION!

Step 1. *(While showing Handout #1)* Before we begin, I have two quick questions I want to ask:

1. Do you agree with this handout? *(A:Yes!)* In that case, what should you say? *(A: One Love!)*
2. Are you a human being? *(A:Yes!)* Throughout this presentation, make sure you keep that in mind!

Now, let's begin. The sole purpose of this presentation is to encourage you to Embrace HD.

(Ask youth) Can you guess what HD stands for? *(Give youth time to guess.)*

HD stands for Human Dignity, and as human beings, we are ALL meant to embrace human dignity! Why? Because if we did, racism & hate wouldn't exist. To explain, let's talk about the What, Why, and How of HD!

Step 2. Now, the What, Why, and How of HD represents 3 questions: 1. *What is human dignity?* 2. *Why is human dignity important?* 3. *How can we achieve human dignity?* Before I share the answers to those questions, I want to first ask you the What of HD.

(Ask youth) What is human dignity? *(Have youth come up with their own answers.)*

(Show Handout #2) Okay. These are the answers to the What, Why, and How of HD! Let's go through each of them.

(After reading What) To explain further, I want to share an anonymous quote with you.

Quote, "Human dignity is the idea that all human beings should be treated with love and respect simply because we're human, regardless of race, gender, age, nationality, culture, wealth, sexuality, education, religion, etc." End quote.

As human beings, it is our responsibility to recognize and appreciate the humanity of ourselves and others, despite our differences. Our differences are irrelevant because we're all human and if we're to Embrace HD, then we must honor our humanity!

.....But why? Why should we Embrace HD?

(After reading 1. Why) Why is peace & unity the goal? Because if we achieve peace & unity, then racism & hate would cease to exist. Both cannot exist at the same time. It's either one or the other. It's either peace & unity OR racism & hate, and since we have a choice, which one should we choose? (A: Peace & Unity!)

(After reading 2. Why) Why love? Because love represents goodness, and obviously goodness will lead us to peace & unity.

(After reading 3. Why) Love is what makes our humanity more important than our differences! It's because of love that we can achieve peace & unity! It's because of love that we can end racism & hate! It's because of love that we must Embrace HD!

.....But how? How can we Embrace HD?

Step 3. *(After reading How)* Okay, I'm going to explain each Good Act and after each one, I'll ask you a question about it. Let's do this!

1. Be Respectful- Be considerate of others. Do not disrespect or insult, even during a disagreement. There's nothing good about disrespect. *Quick question: If someone disrespects you, do you have to disrespect them back? (A: No! You should find a respectful way to handle the situation. For example, if someone calls you ugly, just say "That's your opinion.")*

2. Be Forgiving- Do not hate anyone. Hate will not lead to peace & unity. If someone does something wrong to you, dislike the action, but don't hate the person. It might be hard, but as Martin Luther King Jr. said, "Hate cannot drive out hate, only love can do that." *Quick question: Should we forgive someone who doesn't ask for forgiveness? (A: Yes! Because we shouldn't hold on to hate.)*

3. Seek Justice for wrongdoing- Seek to do what's right and fair. If you see something that's wrong and unfair, then do what you can to correct it. Do not ignore or be indifferent towards injustice. *Quick question: What's the difference between justice and revenge? (A: Revenge seeks to destroy, but justice seeks to restore.)*

These are the 3 Good Acts of Love, and if we want to Embrace HD, then we must embrace each one of these Good Acts!

Understand that to Embrace HD is a choice. A choice you can either accept or reject. Speaking of, I want to say something and I want you to tell me if it's true or false: "Rejecting human dignity allows racism & hate to exist." True or false? *(A: True! Because if human dignity is rejected, peace & unity is rejected as well.)*

Step 4. Okay, let's do a test. Right now, I'm going to say a bunch of different situations and for each situation, I want you to tell me if human dignity (or HD) is being embraced. Say 'yes' if it is or 'no' if it isn't.

(Refer back to Handout #2 for each situation to see which Good Acts are being honored or violated.)

1. A girl who hates herself because of her past mistakes.
2. A black guy who loves his family, but is racist towards white people.
3. A girl who refuses to judge someone based on their looks.
4. A guy who beats up someone for making fun of him.
5. A girl who apologizes after she said something hurtful to someone.
6. A guy who stands up for someone being bullied.
7. A girl who speaks up when someone mistreats her.

8. A guy who thinks it's okay to use girls for sex.
9. A girl who bullies others because she wants to look cool.
10. A white guy who rejects his racist upbringing.

Step 5. Have an open discussion/Q&A with youth.

A potential question to ask youth #1: What other Good Acts of Love could we add to the list? *(ANSWER: Have Compassion, Be Honest, Have Integrity, Be Wise, Have Courage, Be Humble, Be Kind, etc.)*

A potential question to ask youth #2: Are parents responsible to teach their children to have human dignity? *(ANSWER: Yes! The foundation of human dignity must be established and taught within families! We must continue to strive for peace & unity throughout the future generations!)*

A potential question to ask youth #3: Do you have to be perfect to have human dignity? *(ANSWER: No! We will make wrong choices, but that's why Good Acts such as Forgiveness and Justice exist. Whenever we trip and fall, we don't just stay down. We strive to get back up and continue to move forward!)*

A potential question to ask youth #4: What does it mean to love someone? *(ANSWER: To love someone means to honor their humanity by expressing good acts towards them.)*

A potential question to ask youth #5: What are some things that can happen if human dignity is rejected? *(ANSWER: Racism, abuse, manipulation, revenge, hate, deception, bullying, etc.)*

Step 6. Close Presentation with Embrace HD Speech.

Embrace HD Speech

By. Anthony Coleman

"The goal is peace & unity! The goal is peace & unity! The goal is peace & unity!

But if that's the goal, then how can racism and hate exist?

Because we forgot the meaning of the one word that will always bring peace & unity!

What word is that? Well, it's actually kinda funny because the word is used by so many, and yet misunderstood by so many. The word is LOVE!

But what is love?

Love is goodness.

Love is an inspiration.

Love is a choice.

But what does love look like?

It looks like honesty.

It looks like respect.

It looks like kindness.

It looks like forgiveness.

Yes! Virtues are the good acts of love!

And guess what?

We, as human beings, all have the ability to love!

Did you hear what I said?

We, as human beings, all have the ability to love! We all have the ability to show respect, to be honest, to care, to forgive, to have integrity, to strive for justice, etc. The ability to achieve peace & unity resides in us, in our humanity!

So, let me ask you.....

Do white people have the ability to love?

Do black people have the ability to love?

What about people who are gay?

What about people who are straight?

What about men?

What about women?

What about children?

What about adults?

Yes to all! No matter what our differences are, we are human, and just like how the responsibility of a firefighter is to put out fires, and the responsibility of a doctor is to heal the sick, and the responsibility of a police officer is to uphold the law, the responsibility of a human being is to embrace human dignity! So, let's all honor the humanity of ourselves and others! Let's all Embrace HD!"

After Presentation:

**After the youth have been presented with the Embrace HD Presentation by parents/teachers, the youth has the opportunity to receive a Certificate of Completion, have their name honored on HRM's website, and (if possible) receive a HRM wristband!*

**Certificate
OF
Completion**

This is to certify that _____

Has completed the *Embrace HD Presentation!*

DATE: _____ GIVEN BY: _____

ONE LOVE

H.R.M.

Anthony Coleman



Contact Information

Thank you for being interested in *HRM's Embrace HD Presentation Guide*. If you have any questions or want more information:

Email (*Personal*): Arc2k5@aim.com

Website: www.HumanRaceMovement.com

*"Now is the time to lift our national policy from the quicksand of racial injustice to the solid rock of **human dignity**."*

- Martin Luther King Jr.

**HRM's Embrace HD Presentation Guide* is free, but for anyone who wants to donate: [Paypal.me/RebelForTruth](https://www.paypal.com/RebelForTruth)