



Action Kit

Hello Humanity,

Thank you for taking the next step to end the 'isms that plague our humanity. This kit will cover a little bit of everything to assist with Activating your Humanity Power. For efficiency there is a step-by-step layout you can follow, but do what feels best for you.

We'd love to stay connected along your journey and as we build a community of unity around Humanity Power - feel free to [email](#) any photos or questions you have.

Sending you Light and Love along your Humanity Power journey.

Light, Love, and Gratitude,

Charisse Alayna Fontes

Founder of [Humanity Power](#)



What is Humanity Power?

Humanity Power is a vision statement to end the 'isms (sexism, ageism, ableism, classism, racism) by using the unity within our humanity.

The 'isms we are addressing aren't exclusive to one particular person and designed to divide and disempower Humanity.

What you can do?

You can do so much to help end the isms, and it starts within you. This kit will walk you through some steps that you can do right now to end the 'isms, empower your community, and enrich the unity within our Humanity.

Please share with us how you are using your Humanity to make a difference. Drop us a note hello@humanitypower.co.



Start here

- ❑ **Buy a shirt**
Wear the message and support the mission.
- ❑ **Gift a shirt**
Give the gift of unity and spread the message of Humanity.
- ❑ **Learn the isms**
Start by building awareness of the 'isms and what they mean and who they affect.
- ❑ **Learn about high-vibration Humanity**
Learn what it means to use your high-vibration Humanity.
- ❑ **Take the 30-day Humanity Power challenge**
Put your humanity to action and practice high-vibrational activities to help end the 'isms.
- ❑ **Subscribe and Stay connected**
We're just getting started and you are a big part in that. Let's stay connected so we can experience impact together.

Learn the 'isms.

What are 'isms

An 'ism origin means "to side with." While there are many 'isms out there, Humanity Power focuses on ending these specific 'isms, sexism, ageism, ableism, colorism, classism, and racism. These are the 'isms that continue perpetuate discrimination within our society.

Before you dive in

The concept of 'isms might be new to you - the information is essential and straightforward. We've done our best to remove any in-depth methodology or philosophy. We wanted to start with a basic foundational set to help understand and concept the 'isms we are addressing.



The 'isms

Ageism: stereotyping, prejudice, and discrimination against people on the basis of their age.

Ableism: the idea and discrimination that disabled people are not as good as non-disabled people.

Classism: prejudice against or in favor of people belonging to a particular social class.

Colorism: prejudice or discrimination against individuals with a dark skin tone, typically among people of the same ethnic or racial group.

Racism: is the belief that a particular ethnicity is superior or inferior to another.

Sexism: the belief in the inherent superiority of one gender above all others and thereby, the right to dominance.

Sexism; the belief in the inherent superiority of one gender above all others and thereby the right to dominance.

How did sexism start?

Sexism emerged from the “second-wave” feminism of the 1960s through the ’80s and was most likely modeled on the civil rights movement’s term racism. The fact that women didn’t have the same rights as men.

Examples of Sexism:

- Assuming a specific gender does the cooking or does the work.
- Treating a person differently because of their gender.
- Using gender to justify a hiring decision.

What can you do?

Understand the harmful effects of sexism and choose not to use them within your decision making and interactions. Start to explore and educate on stereotypes regarding gender.

Racism; is the belief that a particular ethnicity is superior or inferior to another.

How did racism start?

The earliest forms of racism have been traced to the Israelites and the Egyptians (1423 b.c.) and displayed through history in various forms of “ethnic” cleansing.

Examples of racism:

- Negative or harmful treatment of someone because of their ethnicity.
- Excluding a specific ethnicity from activities, rights, and privileges.
- Believing and acting that specific ethnicities don't deserve the same treatment as others.

What can you do?

Explore the definition of racism, the patterns and behaviors, question and debunk the belief that one ethnicity is greater or less than is a healthy place to start.

Ableism; the idea and discrimination that disabled people are not as good as non-disabled people.

How did ableism start?

The origin of ableism has been seen within tribes that exile or severely neglect anyone with any physical defect or noticeable difference with the belief that they are cursed. Ableism tends to be perpetuated by the lack of exposure to others with different abilities from our own.

Examples of ableism:

- Lack of compliance with disability rights laws like the ADA.
- Segregating of people with different visual and non-visual abilities.
- Choosing not to engage with someone because of a visual or non-visual ability.

What can you do?

Explore and educate on different abilities within our society. Use compassion (not sympathy) when interacting with others with different abilities than you.

Ageism; stereotyping, prejudice, and discrimination against people on the basis of their age.

How did ageism start?

Ageism started with an overly used stereotype for specific age groups perpetuated by insecurities or fear around aging, mortality, or death.

Examples of ageism:

- Hiring or not hiring someone because of their age (*in accordance with labor laws*).
- Stereotyping someone because they look too "old" or too "young."
- Negative treatment because of someone's assumed or known age.

What can you do?

Educate on the negative and hurtful effects of ageism and the people who experience it. Avoid assuming someone's age equals their skill, ability, or lifestyle.

Colorism; prejudice or discrimination against individuals with a dark skin tone, typically among people of the same ethnic or racial group.

How did colorism start?

Colorism is a cross-cultural 'ism that is experienced in every culture and ethnicity. Its most common origin is a belief that if you are of darker skin, you worked in the fields and outdoors, thus assuming a lower-social class. If you had lighter skin, you had favor, or your work was more honorable since you didn't have to work outside, which assumed a higher social class.

Examples of Colorism:

- Treating someone different because of the shade of their skin.
- Believing that a person with a specific skin tone is more intelligent.
- Making a judgment on someone based on the tone of their skin.

What can you do?

Treat everyone the same. We have little to no control of their skin tone, and that having a different tone does not equate to beauty, ability, social class, intelligence, or character.

Classism; prejudice against or in favor of people belonging to a particular social class.

How did classism start?

No matter which society we're talking about, social class was usually determined by one thing: nobility. Being of noble birth meant that a person was either royalty or part of another social class with economic or social power.

Examples of classism:

- Choosing to only interact with people from a specific social class.
- Feelings of superiority to people lower on the class spectrum than oneself.
- Treating someone differently because of an assumed or confirmed social class.

What can you do?

Treat people with the same respect regardless of their social class. Engage with a wide range of people regardless of their assumed class to help with balancing the perspective. Question if someone's social class determines their human value or worth.

Go Deeper

- Make a list of ways you can end the 'isms
- Complete the understanding 'isms [Movie Q+A activity](#).
- Join our workshop to learn how to respond to the 'isms

What next:

Learn about high-vibration humanity.

What does it mean, and how can you use it to end the 'isms.

Take the 30-day humanity power challenge.

Put your humanity to action to end the 'isms.

Subscribe and Stay connected.

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Learn about high-vibration Humanity.



What is high-vibration Humanity?

Our Humanity's attributes are split between positive (high-vibration) and negative (low-vibration) - each attribute is a choice. For example; If I am impatient waiting in line at the grocery store, I chose to use a low-vibration (negative) attribute of my Humanity.

On the next page are a few words that will help bring awareness to high and low vibrational attributes.

Using your high-vibration

Using your high-vibration is a choice to respond, act, do, and be positive in your day-to-day interactions. This helps end the 'isms as it starts to give pause and balance to any biases or decisions that can enable the 'isms.

Using your high-vibration Humanity doesn't require any special skills. All you need is awareness, choice, opportunity, and practice.

Examples of Attributes of Our Humanity

High-Vibe

Agreeable	Ambitious	Analytical	Assertive	Astute
Attentive	Aware	Balanced	Brave	Bright
Brilliant	Calm	Capable	Caring	Cautious
Certain	Charitable	Chirpy	Compassionate	Confident
Considerate	Consistent	Cooperative	Courageous	Conscientious
Courteous	Decisive	Dedicated	Dependable	Determined
Devoted	Disciplined	Driven	Efficient	Egalitarian
Empathetic	Enduring	Enterprising	Erudite	Faithful

Low-Vibe

Aggressive	Apathetic	Arrogant	Belligerent	Biased
Boastful	Boorish	Bossy	Callous	Careless
Caustic	Complacent	Conceited	Conniving	Controlling
Cowardly	Curt	Cynical	Deceitful	Dishonest
Disrespectful	Egocentric	Evil	Exacting	Fearful
Finicky	Fussy	Garrulous	Glum	Greedy
Grumpy	Harried	Harsh	Haughty	Hostile
Ignorant	Immature	Impatient	Inconsiderate	Indecisive

high-vibe

=

Love

low-vibe

=

Hate

Go Deeper

- Make a list of high-vibrational words that resonate with you.
- Take the 30-day [Humanity Power challenge](#).
- Explore real life-examples of using [high-vibrational Humanity](#).
- Check out the [Humanity Power Resource Library](#)

What next:

Take the 30-day humanity power challenge

Put your Humanity to action to end the 'isms.

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30-Day Humanity Power™ Challenge

Take this challenge solo, grab a group, or do it as a company. In 30-days you will experience the benefits of what it feels like to be in a high-vibration that will help end the 'isms.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Write one compliment to yourself.	Text three (or more) people and let them know you are sending them light and love.	Let someone go in front of you in line at the store.	Replace news and media with your favorite music.	Find something beautiful and appreciate it.	Write a gratitude list in the morning and again in the evening.	Use Kindness throughout your day.
Write down one thing that makes you smile.	Use Compassion throughout your day.	Hydrate: Drink 1/2 your body weight in ounces today.	Write down 5 things you are grateful for.	In the mirror give one compliment to yourself.	Stand barefoot in nature and breathe.	Say this out-loud: "I am worthy. I am enough."
Put your phone away while in the company of others.	Eat something that gives your body energy.	Use Respect throughout your day.	Replace the word busy with active, full or fruitful. (ex: I am active today.	Pick your high-vibration activity for the day.	Make a list of people you love.	Practice various methods of self-care.
Write down 10 things you are grateful for.	Listen more than you speak.	Find three things of beauty and appreciate it.	Give something unexpectedly to someone.	Seek out a positive person and thank them for their positivity.	Forgive someone for something they did.	Use Patience throughout the day.
Write yourself a short love letter.	Read something positive.	<p>"Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."</p> <p>-Albert Einstein</p>				

Click image to download the challenge

Print this sheet out, hang it up, to help you track and be mindful of your journey.

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With our unity we can end the isms.

Humanity Power

We'd love to hear from you.

Share your thoughts, feedback, insights or suggestions. Let us know at
hello@humanitypower.co



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