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# Choose love & hope...

**NOT FEAR & HATE.**

A portrait of Anne Frank, a young woman with dark hair, looking thoughtfully to the right. She is wearing a light-colored cardigan over a patterned top.

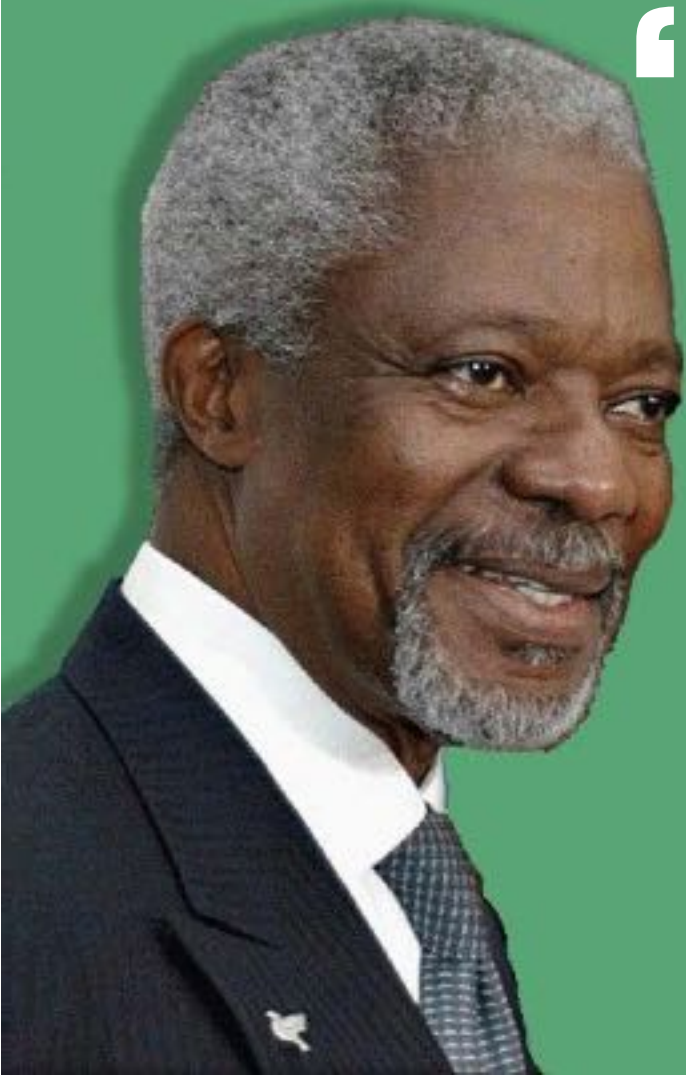
“ We all live with the objective  
of being happy; our lives  
are all different and yet the  
same. ”

- Anne Frank

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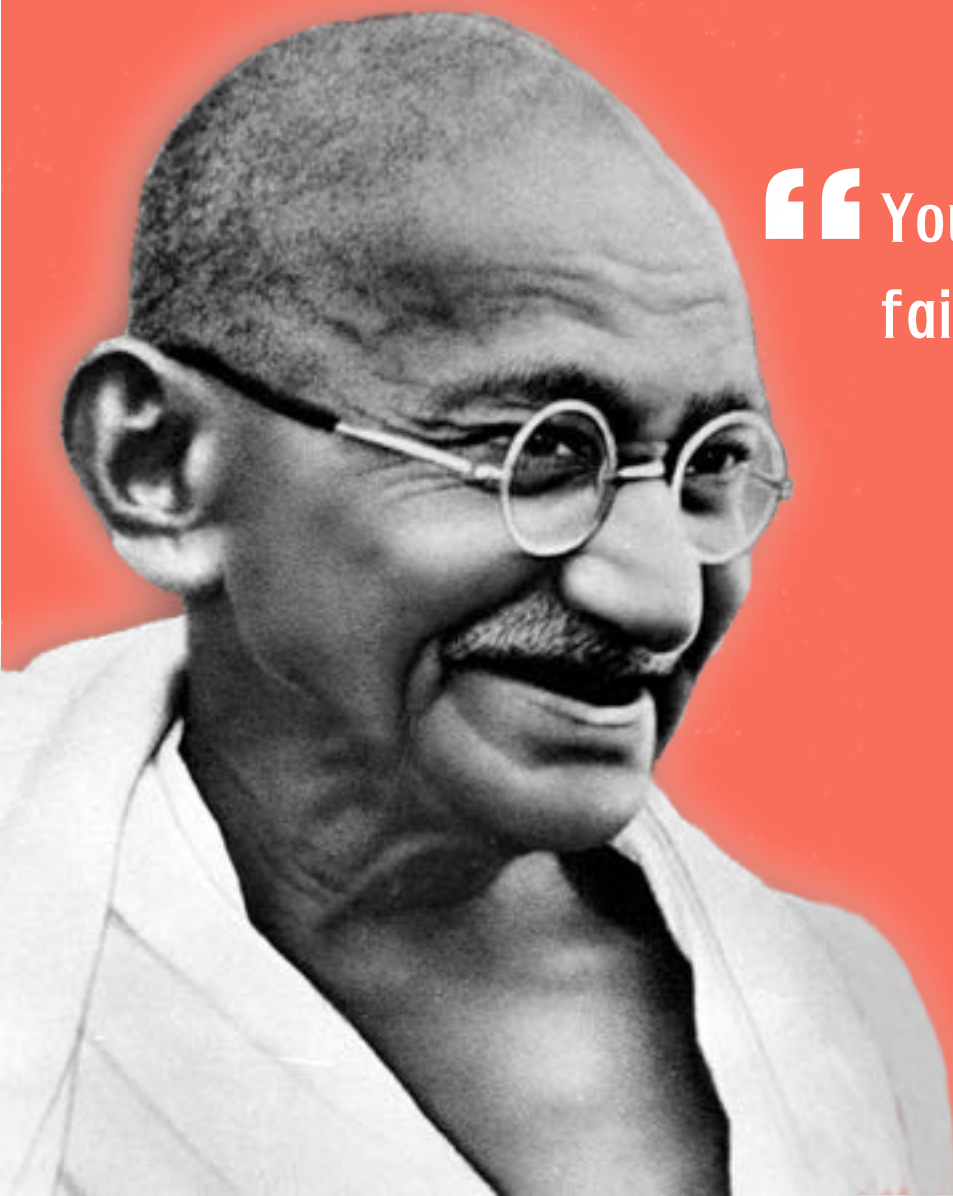
“ We may have different religions, different languages, different coloured skin, but we all belong to one human race. ”

- Kofi Annan

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“ You must not lose  
faith in humanity. ”

- Mahatma Gandhi

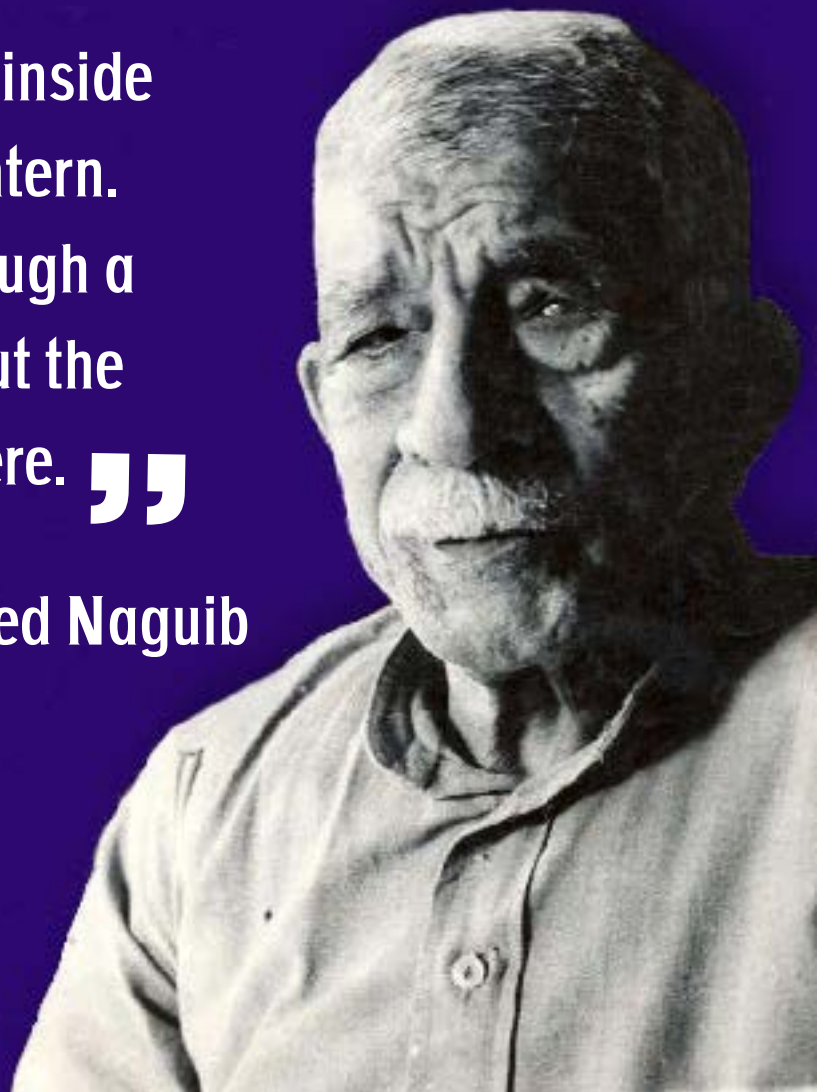
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“ Religion is a candle inside  
a multi-coloured lantern.  
Everyone looks through a  
particular colour, but the  
candle is always there. ”

- Mohammed Naguib



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“ Men hate each other because they fear each other, and they fear each other because they don't know each other, and they don't know each other because they are often separated from each other.”

- Martin Luther King, Jr



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“ We all should know that  
diversity makes for a rich  
tapestry, and we must  
understand that all threads  
are equal in value no matter  
their colour. ”

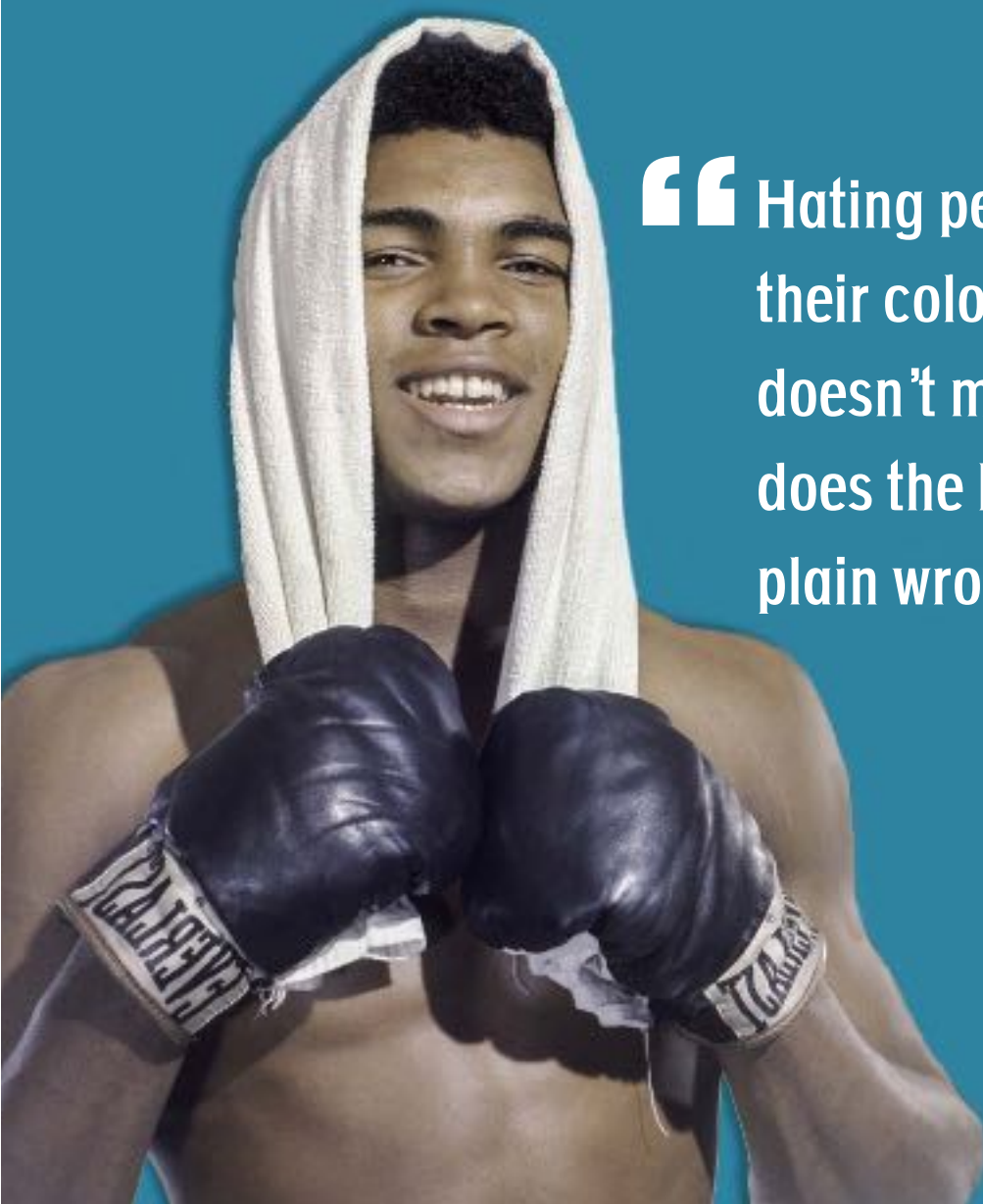
- Maya Angelou



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“ Hating people because of their colour is wrong. And it doesn't matter which colour does the hating. It's just plain wrong. ”

- Muhammad Ali

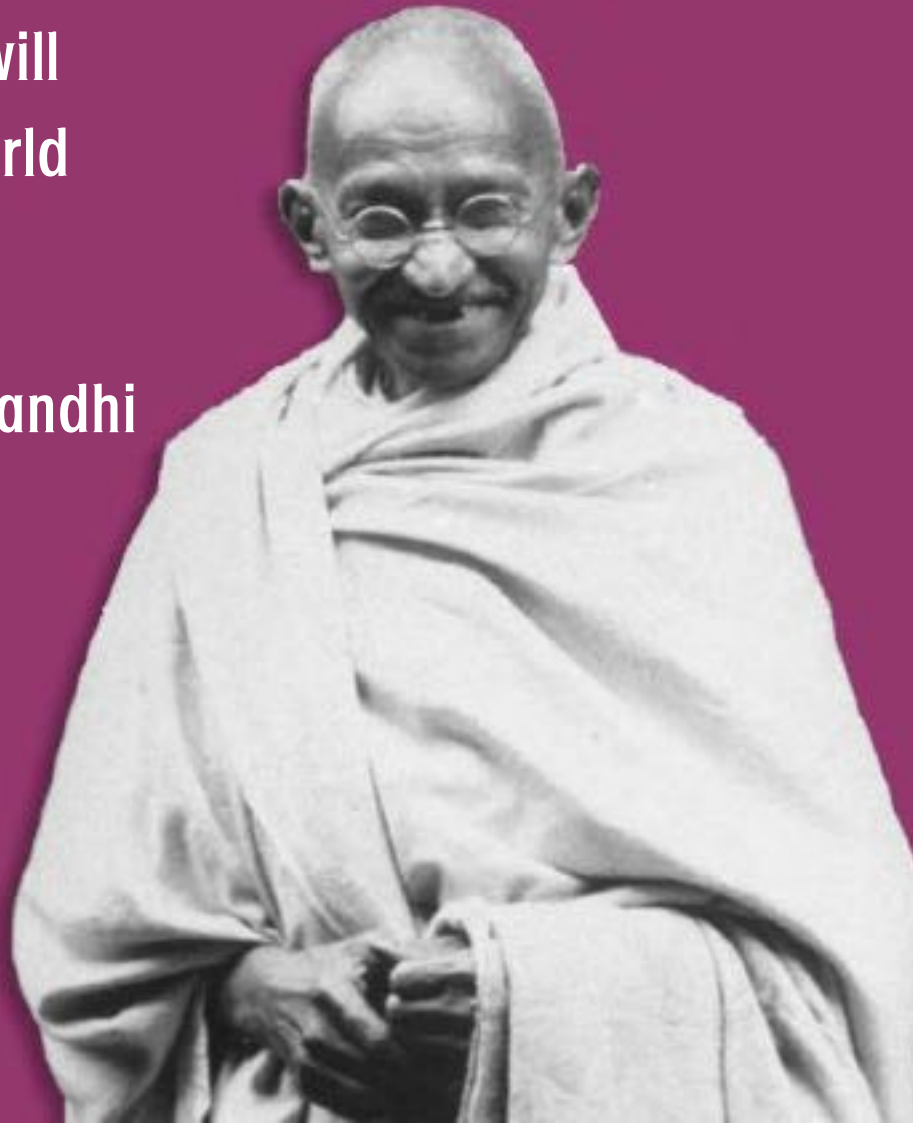
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“ An eye for an eye will  
make the whole world  
blind. ”

- Mahatma Gandhi



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“ We are far more united and have far more in common with each other than things that divide us. ”

- Jo Cox

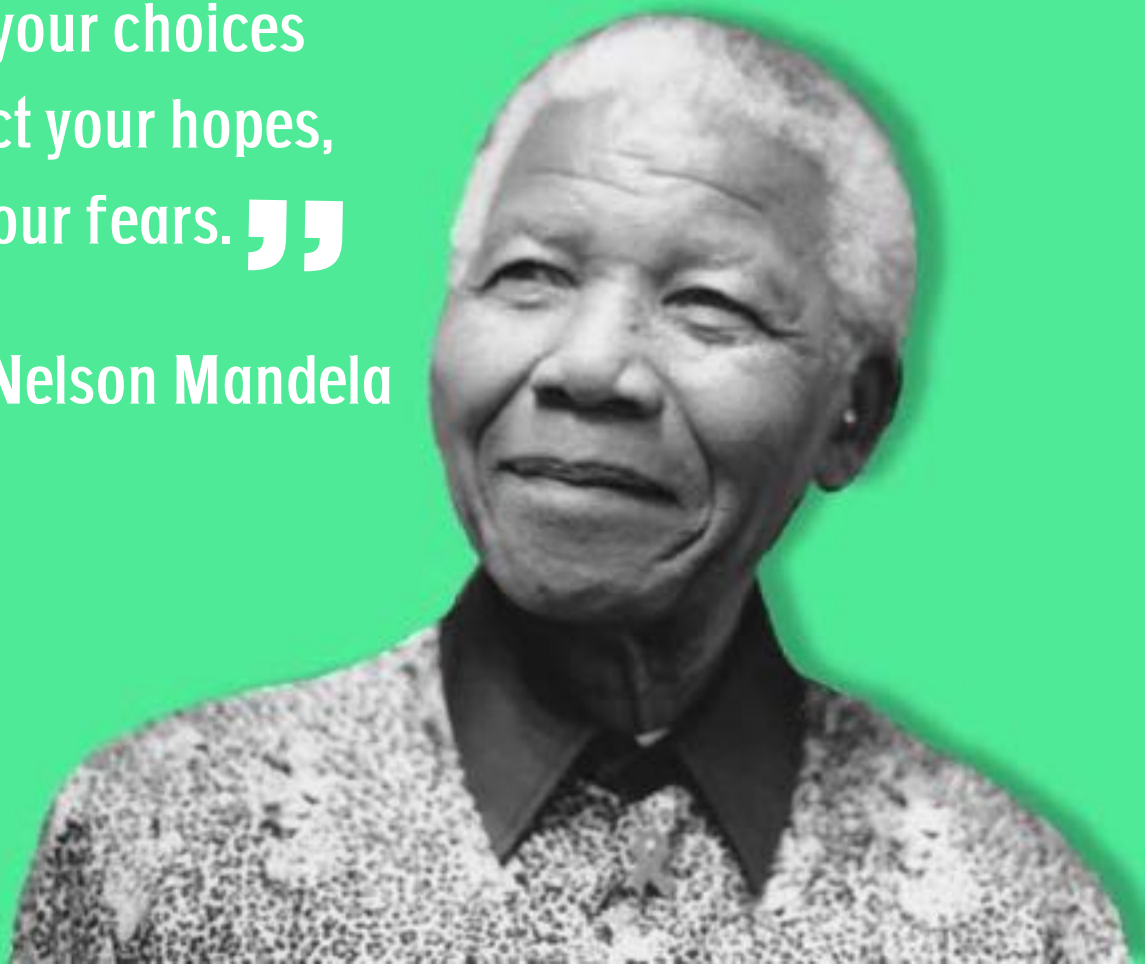
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“ May your choices  
reflect your hopes,  
not your fears. ”

- Nelson Mandela



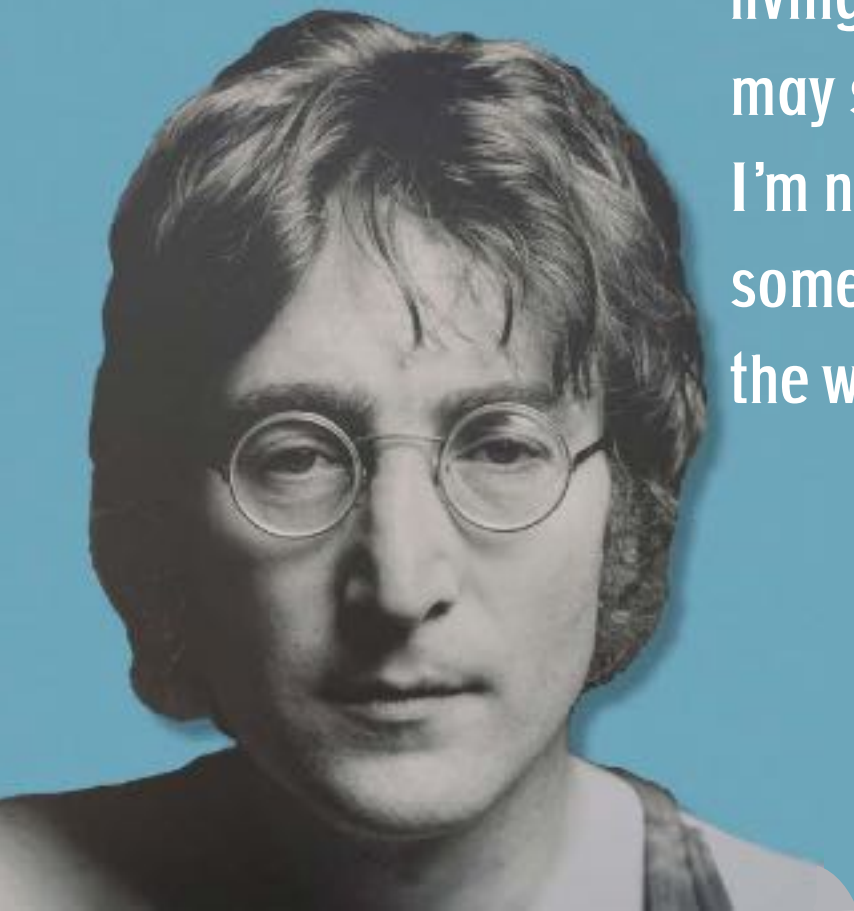
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“ Imagine all the people  
living life in peace. You  
may say I’m a dreamer, but  
I’m not the only one. I hope  
someday you’ll join us, and  
the world will be as one. ”

- John Lennon



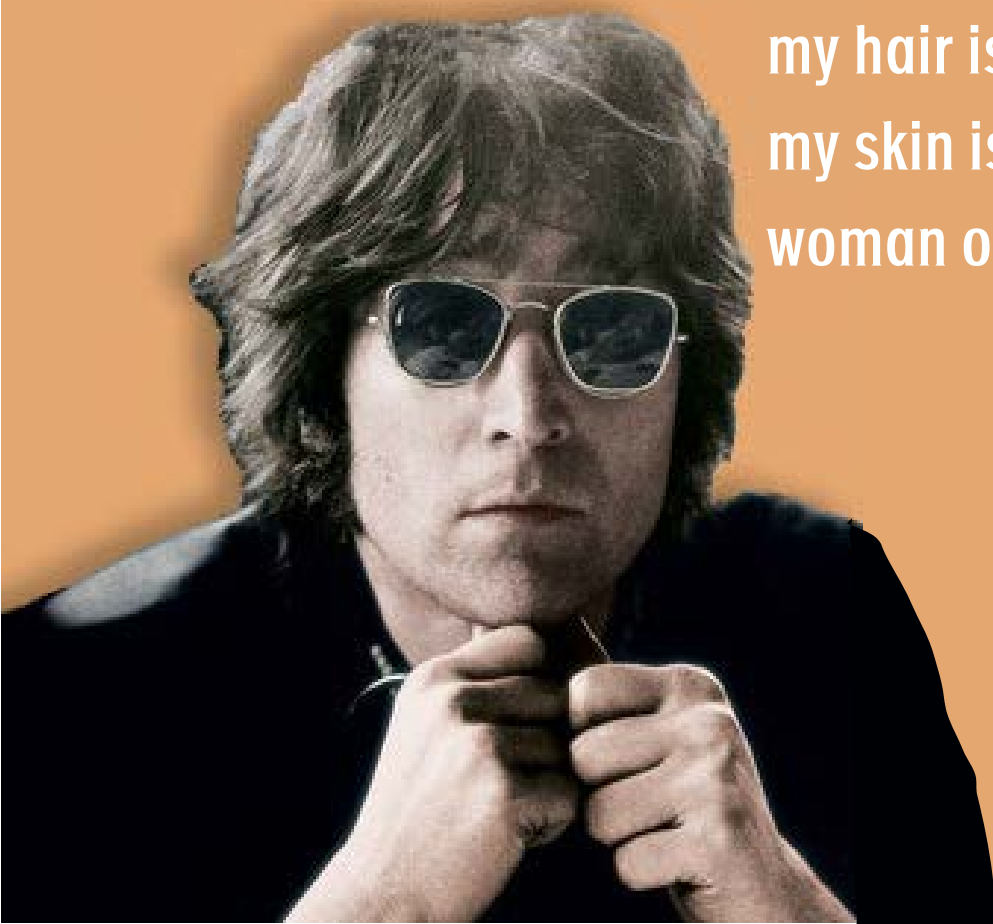
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“ It doesn't matter how long  
my hair is or what colour  
my skin is or whether I'm a  
woman or a man. ”

- John Lennon



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“ You are Beautiful,  
no matter what  
they say. ”

- Christina Aguilera

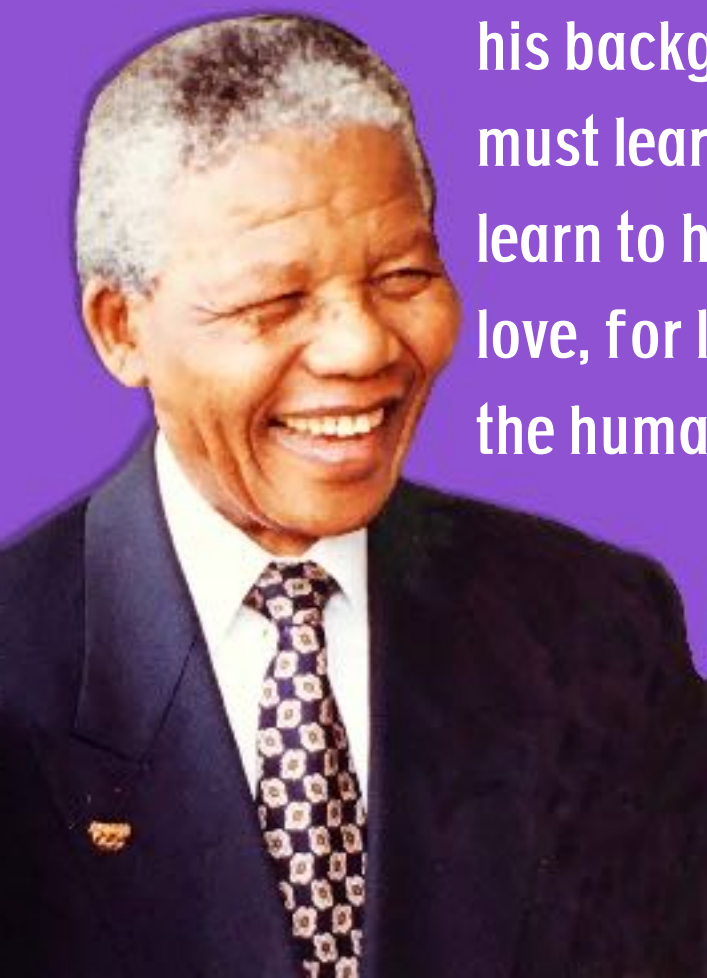


# Choose love & hope...

## NOT FEAR & HATE.

“ No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. ”

- Nelson Mandela



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“ Gay people are born into, and belong to, every society in the world. They are all ages, all races, all faiths. They are doctors and teachers, farmers and bankers, soldiers and athletes. And whether we know it or whether we acknowledge it, they are our family, our friends, and our neighbours. Being gay is not a Western invention. It is a human reality. ”

- Hillary Clinton



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“ It’s time we love people for who  
they are and let them love who  
they want. ”

- Ellen Degeneres



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“ Diversity is a gift, not a threat, it is a hope, not a danger. ”

- Justin Welby



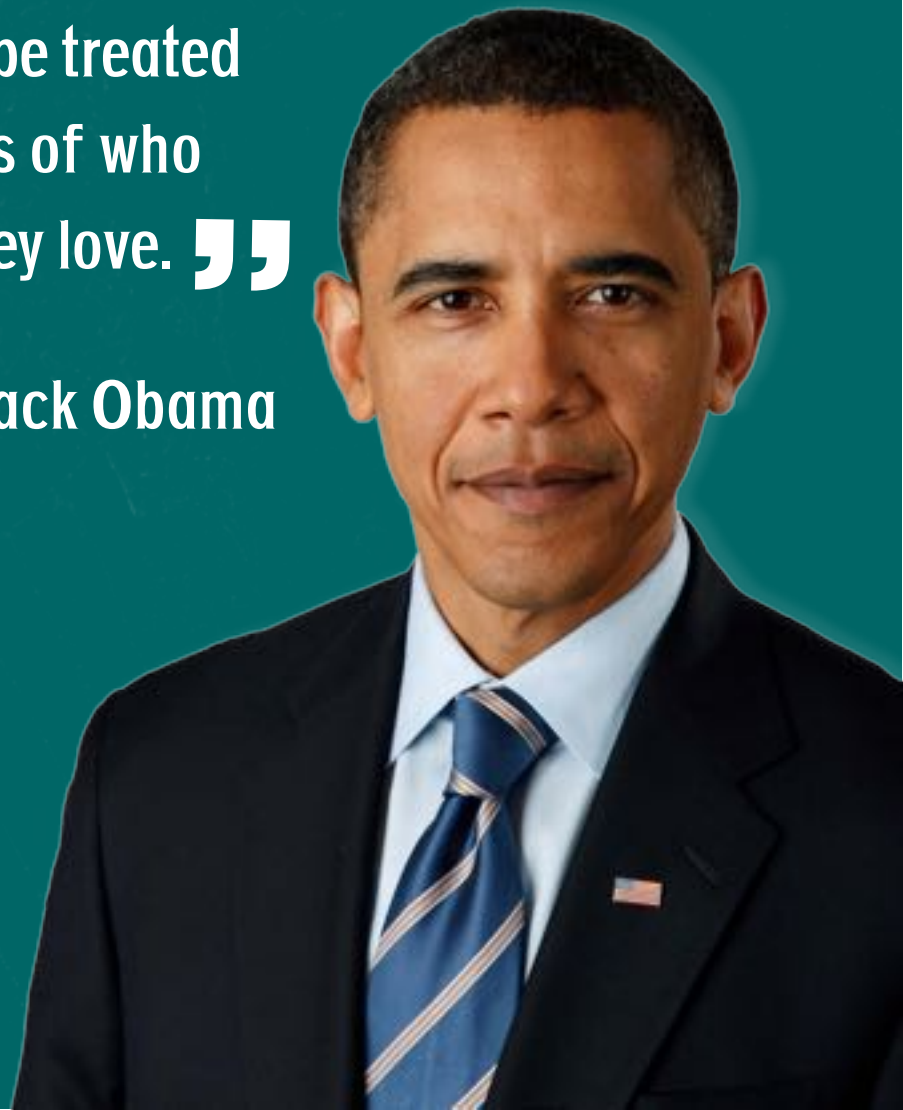
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“ All people should be treated  
equally, regardless of who  
they are or who they love. ”

- Barack Obama



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“ It’s time we started defining gender as a spectrum instead of two sets of opposing ideals. We should stop defining each other by what we are not and start defining each other by who we are. ”

- Emma Watson



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“ Sometimes I wonder if I’m as famous for my wheelchair and disabilities as I am for my discoveries. ”

- Stephen Hawking



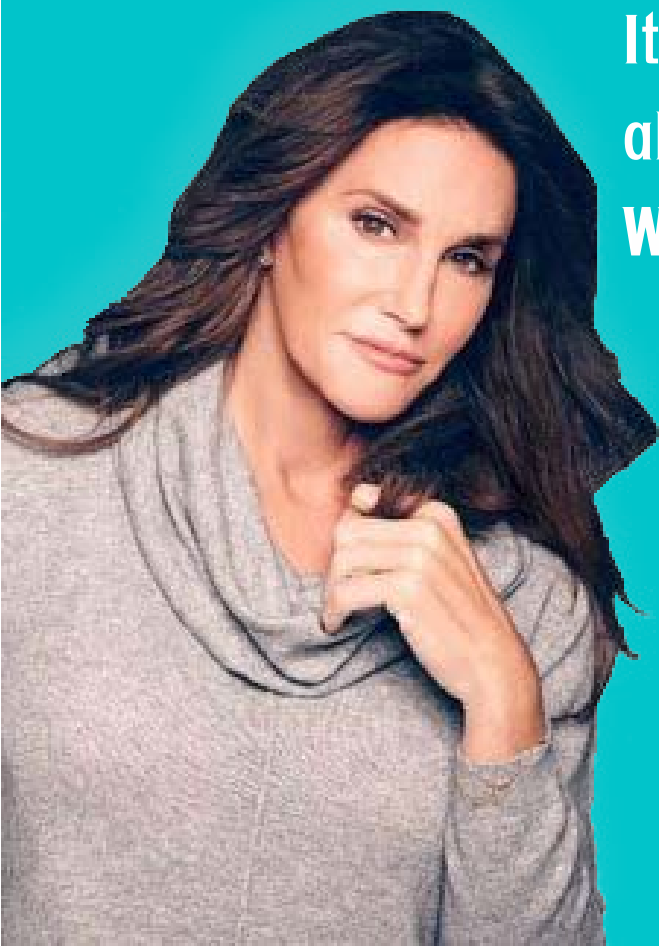
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“ It’s not just about one person,  
it’s about thousands of people.  
It’s not just about me, it’s about  
all of us accepting one another.  
We are all different. ”

- Caitlyn Jenner



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“ I’m not beautiful like her,  
I’m beautiful like me. ”

- Katie Piper

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“ It is always wrong to  
hate, but it is never  
wrong to love. ”

- Lady Gaga



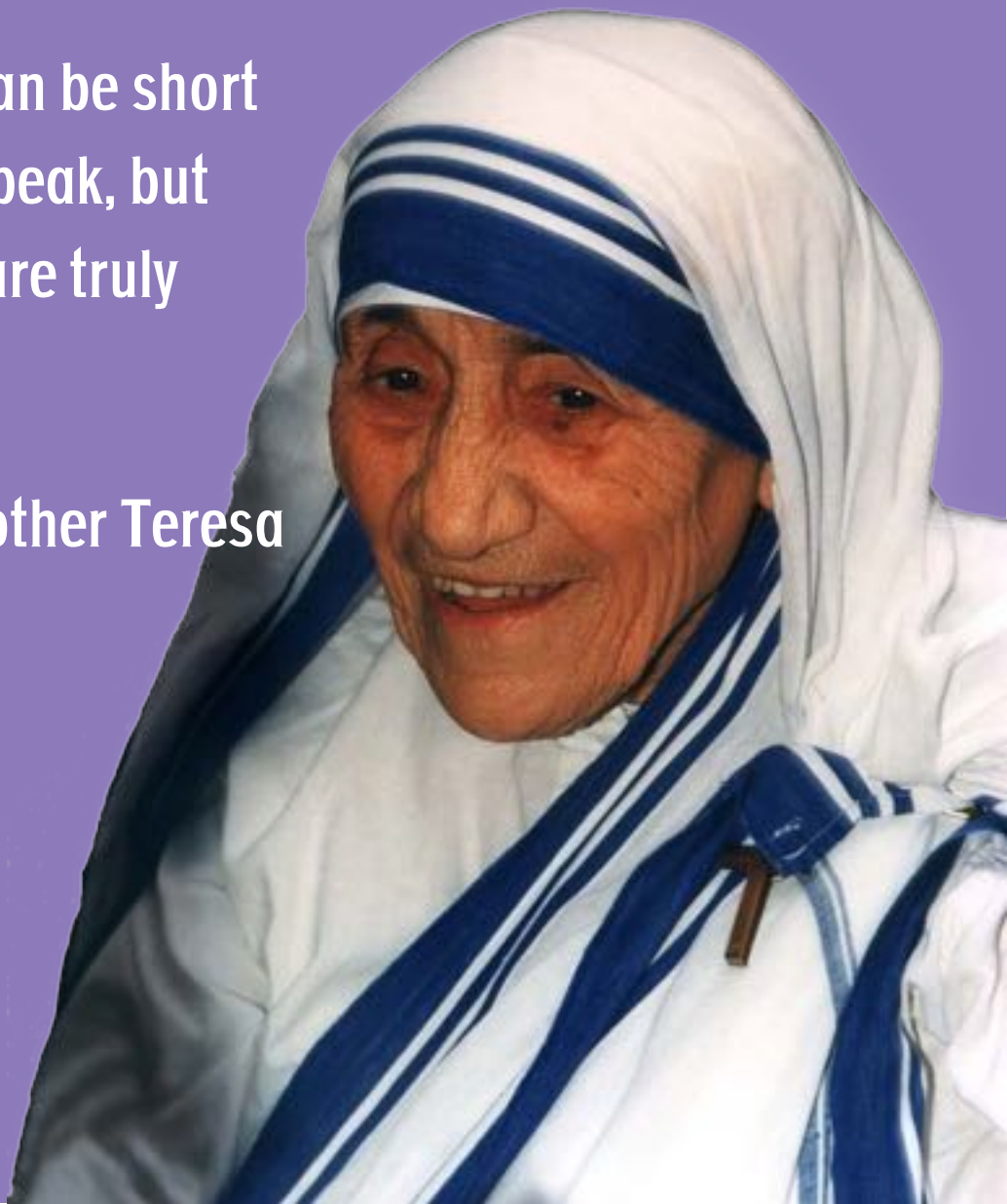
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“ Kind words can be short  
and easy to speak, but  
their echoes are truly  
endless. ”

- Mother Teresa



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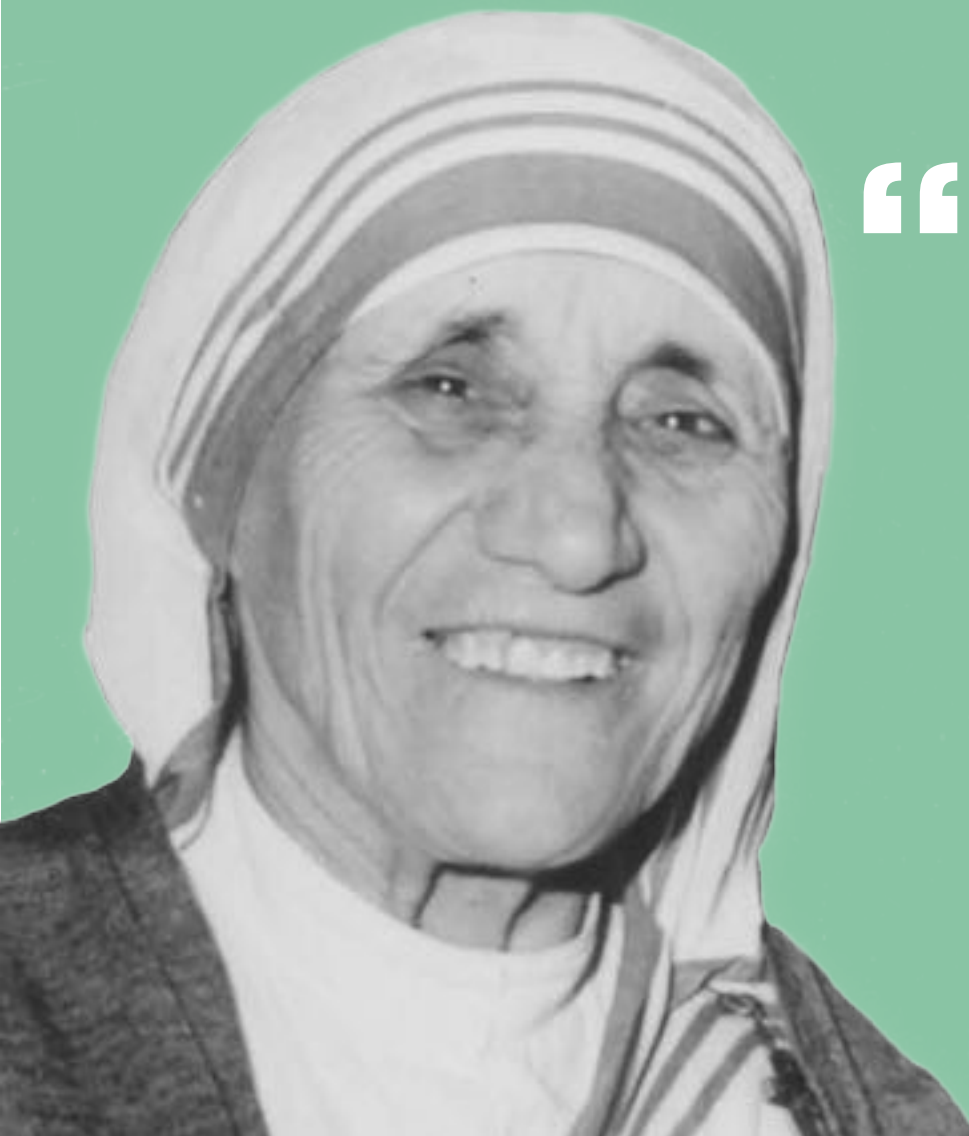
“ Be proud of who you are. ”

- Ellie Simmonds OBE

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“ Peace begins  
with a smile. ”

- Mother Teresa