



## How to grow hatred

1. First you must take your enemies and imprison them without fair trial or proper safeguards.
2. Isolate them from their families and mix in inhumane conditions.
3. Feed with abuse, then leave to take root and spread.
4. Soon hatred will be growing everywhere.

**Abuse grows hatred.** The abuse of prisoners sows the seeds of hatred. Every year, the International Committee of the Red Cross visits prisons all over the world in an attempt to ensure that prisoners are treated humanely and in accordance with the Geneva Conventions or other rules protecting people from violence. This is not just a necessity to break the cycle of violence. It is a right, guaranteed to us all under international law.

Find out more at [www.icrc.org](http://www.icrc.org)



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