

# Staying Safe Against Hate

Hate incidents and hate crimes occur when people take actions that are motivated by intense dislike, negative beliefs, or irrational fear based on someone's real or perceived religion, race, sexual orientation, gender identity, disability, political affiliation, and/or age. Hate incidents and hate crimes often rise before and after national elections and in response to global events, including war, conflict, and acts of terrorism. People can directly experience hate incidents or hate crimes, witness them, or be aware of them through the media. Hate incidents and hate crimes can target individuals or groups, including community or religious centers.

**Hate incidents involve non-criminal actions motivated by hate.**

**Hate crimes are criminal acts motivated by hate, like verbal threats of harm, assault, or vandalism.**

Hate crimes and hate incidents are wrong and should never happen. However, they sometimes occur. Here are some ways to help keep yourself and your family safe:

- Remain vigilant. Be aware of your surroundings.
- Avoid isolated or low-lit areas.
- Whenever possible, travel in pairs or groups.
- Text or call a friend or family member when you leave or arrive places.
- Know how to call 999. If language is a barrier or problem, know how to ask for an interpreter.

## **If You Experience or Witness a Hate Crime**

It can sometimes be difficult to know if a hate crime has occurred. If you experience or witness a situation you think could be a crime and you perceive it to be based on a dislike, bias, or hatred of a specific group to which you belong, here are some steps you can take:

### **Put Your Safety First**

- Leave any area that is unsafe.
- Seek medical attention if needed.
- Write down or tell someone what you saw, the exact words that were said, or any other facts so you don't forget them.
- For incidents that occur in online spaces, take screenshots of messages.
- Contact a trusted person for support.

**Reporting Hate Crime in the UK:**

- If you experience or witness hate crime, please report it as soon as you can.
- If you need interpretation, say the name of your language or **"No English, I speak... [say your language]."**
- Law enforcement or the police may contact you for more information as they investigate.

**Reporting to the police:**

<p>If you are in <b>immediate danger</b>, follow <a href="#">Run, Hide, Tell</a> advice, and call the <b>police on 999</b></p>	<p>For <b>non- emergencies</b>, you can call the police on <b>101</b> or <a href="#">report online here</a></p>	<p>To <b>report anonymously</b>, without giving your name, call <b>Crimestoppers</b> on <b>0800-555-111</b>.</p>
		

Calls to **999, 101** or **0800...** numbers are **free** !!!

**Information and additional support**

- **True Vision** is an information scheme for victims of hate crime, supported by the police: [www.report-it.org.uk/home](http://www.report-it.org.uk/home)
- **Victim Support** is a charity supporting victims and witnesses of crime in England and Wales: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- **Community Legal Advice** is a free, confidential and independent legal advice clinic: [www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you](http://www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you)
- If you are concerned about your immigration status when reporting a crime, you can ask someone else to report it for you, like a friend or family member. You can also ask an independent organisation to report it to the police for you. These are known as 'third party reporting centres'. Your report will be anonymous and confidential. Find out more here: [Get help if you've experienced a hate crime or hate incident - Citizens Advice](#)

**Hate crime or a hate incident, its common to experience a range of reactions such as:**

anger	helplessness	fear	sadness	frustration	insecurity
poor sleep	headaches	shame	worry	low self-esteem	uncertainty

**It may be helpful to:**

- Seek support from people you love and trust
- Do things that help you cope, like deep breathing, exercising, praying etc.
- Limit media and social media exposure to violence or other distressing content.
- Keep a routine, making sure you go to bed and wake up at the same time every day.
- Reach out to community-based organisations or faith-based institutions for support.