

What To Do When You Experience Discrimination

DO NOT BLAME YOURSELF. YOU DO NOT, AND DID NOT, DESERVE TO BE TREATED THIS WAY

Ask for help

Ask for help from people you trust such as co-workers or supervisors in your own or other organizations.



Document or record

Save emails and documents that are relevant. Write down as much detail as you can remember.



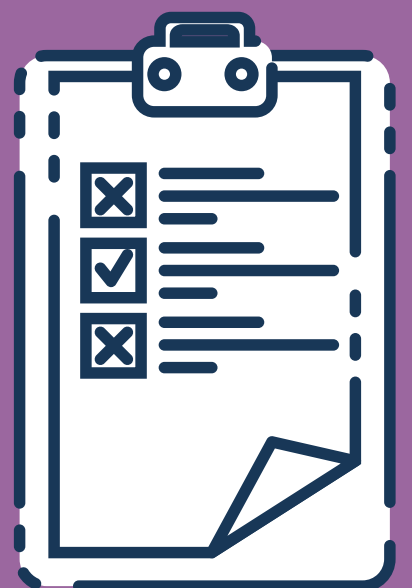
Policies and protections

Look for policies that your organization has put in place to protect you from discrimination or harassment.



Report internally

You can report the incident to a trusted supervisor in your organization or follow internal complaint procedures.



Report externally

You can report the incident to your union or a human rights organization.



Take care of yourself

Talk to friends or family, **create** art or **engage** in spiritual practice. Rest, exercise, follow your needs.



Connect

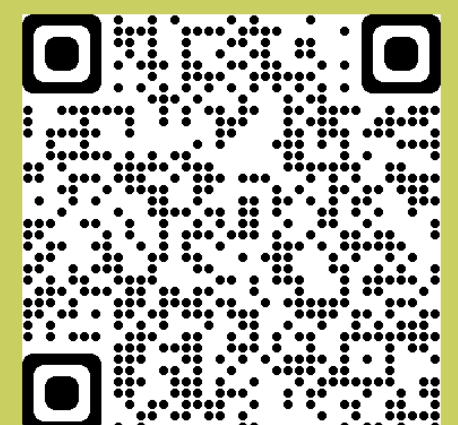
Reach out to organizations for legal, counselling, or community support. Your community can be a valuable resource for healing.



Find more information

QR Scan Here

To find crisis lines, local resources, legal definitions and more, go to the [Community Response Protocol Against Racism and Hate](#).



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