

What To Do When You Witness **Hate**

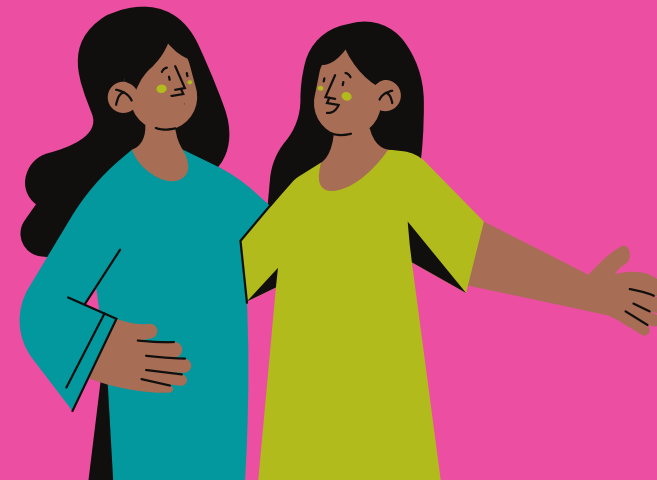
Make sure you are safe

Assess the situation to see if you can safely intervene.



Centre the targeted person

Announce your presence. Talking to the targeted person and ignoring the perpetrator helps.



Ask for consent

Check if the person needs and desires your help. Use **simple gestures** and maintain a respectful distance.



Ask for help

There is **safety in numbers**. Ask for help from **other bystanders** if needed.



Document or record

Write down as many **details** as you remember. It might help to **share your name** and **number** with the targeted person.



Report

If the person asks you to do so, contact the police or medical services. Understand that people may have hesitations around involving the police.



Connect

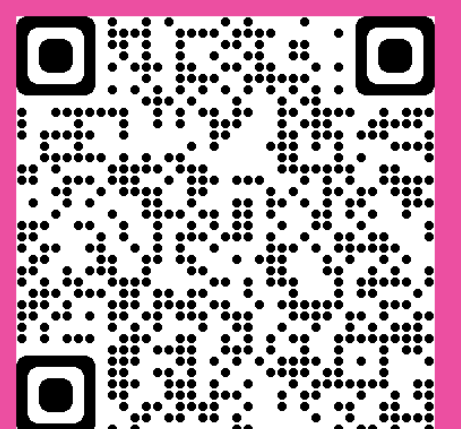
Witnessing hate is upsetting. **Reach out to your community**. It can be a valuable resource for healing.



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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