

What you can do



Go somewhere safe as soon as you can

Get help!



Tell someone who you trust



What you can do



Call the Police and tell them what has happened



They will get you help



Dial 999 for emergency
Non urgent calls: 101
Text Phone number:
07624 800101



www.stopthehate.org.uk
Twitter- @StopTheHate

STOP THE HATE

What is Hate Crime?



ESSEX POLICE

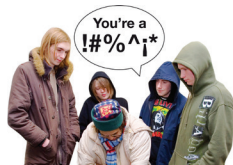
Protecting and serving Essex



What is hate crime?



Hate crime happens when someone is nasty to you because of who you are



People might be nasty because of your skin colour or where you come from



They might pick on you because of your religion or if you are disabled



People might be horrible because you fancy someone of the same sex



They might be nasty because you are transgender



Transgender means you feel different from the sex you were born with



You may have been born a man but feel like you are a woman



There are different actions that are hate crime

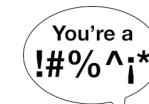
People may hit you or threaten to hurt you



They may damage your property or steal your things



They may call you horrible names



They may bully you in other ways

