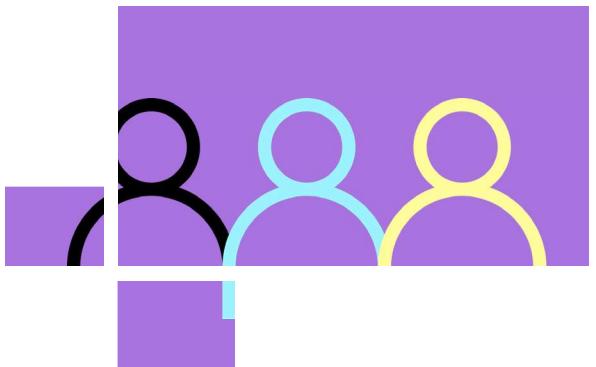


# YOU BELONG HERE

## Recognizing Hate in Our Communities

Many newcomers come to Canada hoping for safety, respect and a sense of belonging. While most are welcomed and thrive, some may face hate because of how they look, speak, dress or practice their faith.

Our three-part infographic series shares simple steps to understand and respond to hate in your community. This first part explains what hate is, and the next two show what to do if it happens to you or someone else.



### Examples of Hate

**Hurtful words, slurs or insults**

**Harassment in public, online or at work**

**Graffiti, threats or violence**

### Hate can be manifested in different forms.

#### Hate-motivated incidents

Acts of hate which may not be against the law but are still harmful and never acceptable.

**For example:** words or actions that are offensive or discriminatory, such as name-calling, insults or offensive gestures.

#### Hate crimes

Criminal acts motivated by hate or bias based on someone's identity, such as physical assault, threats, vandalism or harassment.

### Impact of Hate

Experiencing hate can lead to:



**Fear, stress or trauma**

**Isolation from others**

**Loss of trust or sense of belonging**

**Feeling concerned about you and your family's safety**

Over 4,770 hate crimes and hate-motivated incidents were reported in Canada in 2023 – a 32% increase in one year.

Many more incidents are never reported.

We can take action together to counter hate and bring positive changes for a safer and more welcoming society.

#### Keep reading

Part 2: How to respond if you experience hate  
[r613.info/youbelong-eng-p2](http://r613.info/youbelong-eng-p2)

Part 3: From Bystander to Upstander  
[r613.info/youbelong-eng-p3](http://r613.info/youbelong-eng-p3)

Visit [r613.info/stophate](http://r613.info/stophate) for a list of trusted support services, organizations and helplines across Canada. Go to [newcomer-infobank.ca](http://newcomer-infobank.ca) for more helpful resources in multiple languages. Email us at [info@refugee613.ca](mailto:info@refugee613.ca) if you have any questions or suggestions about this infographic or any of our other materials for newcomers.

Thank you to Ottawa Victim Services and the Canadian Race Relations Foundation for sharing their expertise.

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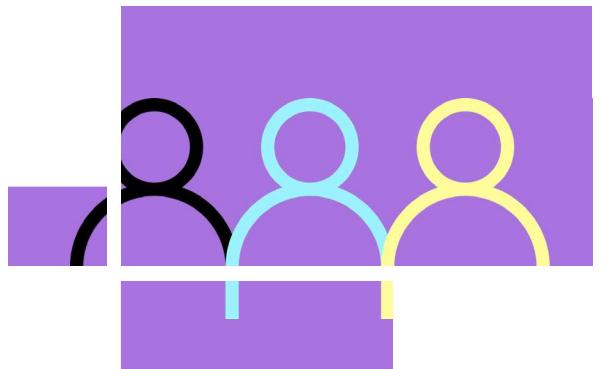
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## If You Experience Hate, Here's What You Can Do

If you experience hate, it is important to know that help is available. Our three-part infographic series shares simple steps to understand and respond to hate in your community. Part 1 explained how to identify hate, and Part 3 has advice for how to respond when it happens to someone else. This second part of our series explains how to stay safe, get support and take action.



Experiencing hate can leave you feeling shaken, isolated and unsafe.

### If you face hate:

- Call 911 if you feel unsafe
- Avoid escalating or engaging if you feel threatened
- When you can, write down what happened, including the date, time and location
- Talk to someone you trust – a friend, relative, faith leader or community worker
- Seek medical or emotional support if needed
- Report to police or community services when you're ready

You will not lose your immigration status for reporting hate.

### Am I Protected from Hate by Canadian Law?

Canadian laws such as [Canadian Bill of Rights](#) and [Canadian Victims Bill of Rights](#) guarantee your right to live free from hate and to speak out when you are harmed, irrespective of:

- Religion or beliefs
- Race, ethnicity or language
- Political views or activism
- Gender identity or sexual orientation
- Disability or age
- Immigration or refugee status



## Hate Hurts, But Healing is Possible

You don't need to go through this alone. Reach out for free and confidential services across Canada.

<b>Newcomer Services</b> Help with reporting, translation and finding support.	<b>Legal Aid</b> Free help to understand your rights and take legal action.	<b>Victim Support</b> Emotional support, referrals, possible financial aid (e.g. security upgrades, counselling).	<b>Law Enforcement</b> Police can investigate hate crimes and provide victim protection.
<b>Cultural &amp; Faith-Based Groups</b> Community spaces where you feel safe, heard and supported.	<b>Mental Health &amp; Crisis Lines</b> Confidential help to cope and heal.	<b>Equity &amp; Advocacy Services</b> Support for 2SLGBTQI+, racialized and disabled people.	<b>Community-led non-police reporting</b> Some cities offer this option.

### Keep reading

Part 3: From Bystanders to Upstander [r613.info/youbelong-eng-p3](#), Part 1: Recognizing Hate [r613.info/youbelong-eng-p1](#)

Visit [r613.info/stophate](#) for a list of trusted support services, organizations and helplines across Canada. Go to [newcomer-infobank.ca](#) for more helpful resources in multiple languages. Email us at [info@refugee613.ca](mailto:info@refugee613.ca) if you have any questions or suggestions about this infographic or any of our other materials for newcomers.

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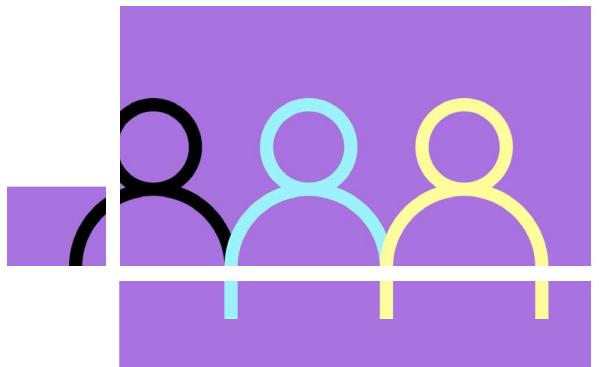
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## From Bystander to Upstander against Hate

Hate does not only hurt the victim: it also impacts the community. By speaking up and acting together, we can create safer, more welcoming communities. Our three-part infographic series shares simple steps to understand and respond to hate in your community. This third part of our infographic series provides tips to help bystanders be allies and take action safely against hate incidents.



### If you witness a hate incident

- Call 911 if someone is in immediate danger, being threatened, harassed, attacked or has been injured.
- Intervene and try to de-escalate the situation if it's safe to do so.
- Employ the **five Ds** of upstander intervention safely and appropriately:

#### Direct

If it's safe, speak up and try to stop the behavior.

#### Distract

Interrupt the situation without confrontation, such as changing the topic.

#### Delegate

Ask someone else for help, such as staff, a bus driver, another witness or law enforcement.

#### Document

If it's safe, record what's happening and share it later with the person affected or with law enforcement.

#### Delay

Check in with the person affected after the incident, to offer support.

### Why Reporting Is Important

- Helps stop hate from spreading
- Helps protect others in your community
- Helps create safer, stronger communities
- Provides a more accurate picture of the issue, improving police and community services
- Informs policymakers to create better laws and policies to address the issue



Hate affects everyone, but you can make a difference. By noticing, staying safe and reporting hate incidents, you help protect others and show that hate is not acceptable in our community.

**Every action counts.**

#### Keep Reading

Part 2: How to respond if you experience hate : [r613.info/youbelong-eng-p2](http://r613.info/youbelong-eng-p2)

Part 1: Recognizing Hate  
[r613.info/youbelong-eng-p1](http://r613.info/youbelong-eng-p1)

Visit [r613.info/stophate](http://r613.info/stophate) for a list of trusted support services, organizations and helplines across Canada. Go to [newcomer-infobank.ca](http://newcomer-infobank.ca) for more helpful resources in multiple languages. Email us at [info@refugee613.ca](mailto:info@refugee613.ca) if you have any questions or suggestions about this infographic or any of our other materials for newcomers.

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