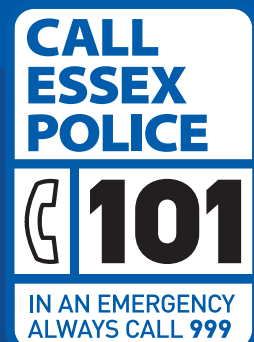


# STOP THE HATE

"Report It  
to Sort It"



Working in partnership to tackle Hate Crime  
[report-it.org.uk](http://report-it.org.uk) [essex.police.uk/hatecrime](http://essex.police.uk/hatecrime)



# 1 What is Hate Crime



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

They might be nasty because of your skin colour, your religion or where you come from.



They might pick on you because you are disabled.



They might be nasty because you fancy men or women.

## 2 What is Hate Crime



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 or kick you.

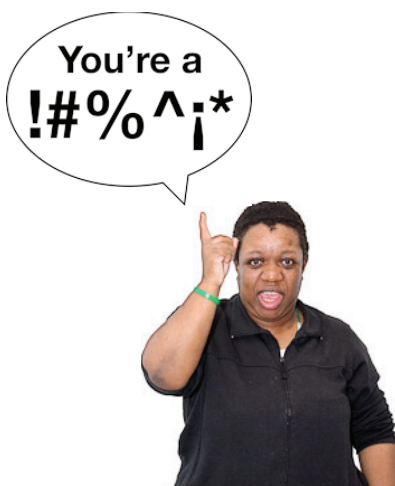
# 3 What is Hate Crime



People may damage your property.



They may threaten you.



They may call you horrible things.

They may bully you in other ways.

# 4 What you can do



Go somewhere safe as soon as you can. Get help!

If you are in danger telephone 999. Tell the person that you need the Police. They will ask you questions about what has happened.



If you are not in danger at the moment then telephone the Police on 101. They will ask you questions about what has happened.

# 5 What you can do



Tell the Police what has happened.

Tell them why you think it happened.



Do not drink alcohol or take drugs before you talk to the police.

You need to tell them clearly what happened.



Hate crime is wrong!

If you report a hate crime then you will make things better for you and other people.



# 6 What you can do



If you are too scared to tell the Police then tell someone you trust.

You could tell:

- a good friend, your family or a carer
- a teacher
- a social worker or support worker
- an advocate. This is someone who stands up for you and makes sure people listen to you.
- a doctor or nurse
- someone from your church, synagogue, mosque or temple



# 7 What you can do



It is a good idea to write down what has happened.



You may need to ask a person you trust to support you.





# 8 What will happen



A police officer will come and see you.

They will ask you questions about what happened.

They will tell you all the things you can do. They will ask you what you want to do.



The Police will support you with whatever you want to do.

# 9 To find out more



You might want to find out more about what is in this booklet.

You can call Essex Police on **101**



You can look at a website at **[essex.police.uk/hatecrime](http://essex.police.uk/hatecrime) or [report-it.org.uk](http://report-it.org.uk)**

# These groups can also help you with support and information:

**Be Safer Project:** [www.besaferessex.org.uk](http://www.besaferessex.org.uk)

**Disability Essex:** 0844 412 8181

[helpline@disabilityessex.org](mailto:helpline@disabilityessex.org)

[www.disabilityessex.org](http://www.disabilityessex.org)

**Disability Rights UK:** 020 7250 3222

[enquiries@disabilityrightsuk.org](mailto:enquiries@disabilityrightsuk.org)

[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

**Headway Essex:** 01206 845945

[www.headwayessex.org.uk](http://www.headwayessex.org.uk)

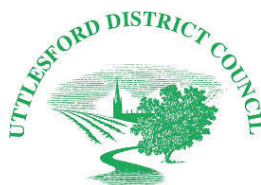
**Mencap:** 0808 808 1111

[help@mencap.org.uk](mailto:help@mencap.org.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

**Purple:** 01245 392300

[www.wearepurple.org.uk](http://www.wearepurple.org.uk)



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