SAFETY TIPS
for Those Witnessing or Experiencing Hate

5 Things to Consider When Experiencing Hate

1 | SAFETY FIRST
Trust your instincts and assess your surroundings. If you feel unsafe and you are able to, leave the area.

2 | STAY CALM
Take a deep breath, limit eye-contact, and maintain neutral body language.

3 | SPEAK OUT
(If you can do so safely) In a calm and firm voice establish physical boundaries, and denounce their behavior and comments.

4 | SEEK IMMEDIATE SUPPORT
Ask bystanders for support or intervention.

5 | SEEK EMOTIONAL SUPPORT
Once you feel safe, take time to recover and reach out to someone to talk about what happened. Remember this is not your fault, and you are not alone.

5 Ways to Help if You Witness Hate

1 | TAKE ACTION
Approach the targeted person, introduce yourself, and offer support.

2 | ACTIVELY LISTEN
Ask before taking any actions and respect the targeted person’s wishes. Monitor the situation if needed.

3 | IGNORE ATTACKER
Using your discretion, attempt to calm the situation by using your voice, body language, or distractions.

4 | ACCOMPANY
If the situation escalates, invite the targeted person to join you in leaving.

5 | OFFER EMOTIONAL SUPPORT
Help the targeted person by asking how they’re feeling. Assist them in figuring out what they want to do next.

VISIT STOPAAPIHATE.ORG FOR MORE RESOURCES OR TO REPORT A HATE INCIDENT.