

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.

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FOR MORE RESOURCES OR TO
REPORT A HATE INCIDENT.

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AAPI
HATE