

COVID-19 AND ANTI-ASIAN HATE



Tips for victims of hate-motivated acts



If you are a victim of physical assault, you can use reasonable force to protect yourself from harm. Call for help, if possible. If you face imminent harm, call the police.



If you are the target of racist insults, jokes, or other verbal taunts, note down the physical description and vehicle license plate, and take a video/photo whenever possible, of the aggressor. Avoid reacting verbally or physically.



Note down all the details you can remember including the date, time, and place of the offence; a description of the incident; and where possible, the names and phone numbers of individuals who can act as witness.



If you have any physical and/or psychological injury, consult a doctor.



If your property is the target of hate vandalism, take photos/videos of the damages.



If you can, approach someone external for help (e.g., teacher, store manager, other third party member).



Report hate incidents online at www.acctfoundation.ca or text message at 1-587-507-3838. Also, contact your local civil rights organizations as they can assist and accompany you in filing a complaint at the appropriate authorities such as the police or your provincial Human Rights Commission. A list of contacts for Human Rights Commissions can be found at <https://cashra.ca/contact-a-commission/>

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