WHAT IS HATE AND BIAS VIOLENCE?
A form of violence that is enacted by individual(s) or groups to cause harm, send messages of hate, or encourage fear of or fear within a community. Hate is not always rage, anger, or dislike, but rather sometimes appears as other forms of bias against a person or group of people with certain characteristics. Violence enacted on the basis of hate or bias can take different forms, including physical, verbal, and emotional violence.

WHAT IS A HATE CRIME?
A hate crime is an act of hate or bias violence that is considered criminal and is committed against an individual, a group of individuals, or property that is motivated in whole or in part by an offender’s bias against an individual(s) race, religion, nationality, ethnicity, disability, sexual orientation, sex, or gender.

WHO CAN EXPERIENCE HATE AND BIAS VIOLENCE?
Those who are a member of one or more underrepresented, stigmatized, or minority communities are subject to prejudice and discrimination and may experience hate crime(s). Anyone can perpetuate a hate crime, though it is often perpetuated by members of a group with more systemic power than the group of the individual(s) targeted.

HAVE YOU OR SOMEONE YOU KNOW EXPERIENCED...
- Theft or vandalization of personal property
- Targeted graffiti
- Negative comments or threats
- Intimidation or hazing
- Having things thrown at you or your home
- Being fired, denied housing, denied services, or being asked to leave public accommodations due to an identity
- Being repeatedly misgendered or deadnamed
- Physical or sexual violence
- Other forms of hate crimes
- Homicide or attempted homicide

WHAT ARE THE EFFECTS OF HATE AND BIAS VIOLENCE?
Someone who has experienced hate or bias violence may experience PTS or PTSD, worries about safety, depression, anxiety or panic attacks, anger, grief, feelings of hopelessness, feelings of being unwelcome, lowered self-esteem, decreased access to social services, changes in daily habits, feelings of isolation, suicidal thoughts or behavior, and physical injury. If you or someone you know experiences an injury, especially trauma to the head or neck, seek medical attention immediately.
HOW CAN I PREVENT HATE OR BIAS INCIDENTS IN MY COMMUNITY?

Interrupt jokes, comments, or language that are biased or based in hate or stigma of a community or group of people. Spend time researching issues relevant to underrepresented groups and advocate for social issues that impact them. Identify and foster safer spaces for the communities and support local organizations doing work to prevent and respond to violence. Put pressure on local and federal government to bring forward legislation to protect people. Spend time discussing biases and their impact on different communities with your family and friends. Learn how to intervene appropriately and safely when you witness bias or hate incidents and teach others how to do the same.

WHAT SHOULD YOU DO IF YOU OR SOMEONE YOU KNOW HAS EXPERIENCED HATE AND BIAS VIOLENCE?

Firstly, it is important to affirm that it is never the fault of the individual(s) who has experienced violence – the blame rests solely on the offenders. Seek out resources that respond to those who experience violence, such as law enforcement (never call law enforcement without the individual(s) explicit consent and know when law enforcement may be likely to enact further harm), hospitals, and organizations such as BRAVO. Seek medical attention for serious injuries, especially head or neck trauma where serious or fatal injury may not always be symptomatic. Help identify safe places, people, and plans and support the individual(s) involved.

RESOURCES:

BRAVO (Buckeye Region Anti-Violence Organization)

National Coalition of Anti-Violence
212-714-1141
www.avp.org/ncavp/

LGBT National Help Center
1-888-843-4564 (M-F 4pm-midnight EST, Sat 12pm-5pm EST)

10 Ways to Fight Hate: A Community Response Guide
Southern Poverty Law Center

VictimConnect Resource Center
1-855-4VICTIM or chat online (M-F 8:30am-7:30pm)

*This is not a comprehensive list of all available resources, but rather resources we have chosen to highlight for distribution. If you would like additional resources, additional information, or a resource sheet on another topic please let a BRAVO advocate know.*