


TAKE ACTION

What can you do if you experience hate?

Hate is never ok. Experiencing hate can harm your wellbeing, sense of safety, relationships, ability to work and even your financial situation. Sometimes people ignore it because they don't know what they can do or don't think that it is serious enough to act. You don't have to accept hate. If you've experienced hate, knowing what to do or who to talk to can be confusing. This website is to help you:

- 1** |  Be **informed** about the types of hate and how the law responds
- 2** |  Feel **supported** and guide you to the help that is available
- 3** |  Take **action**, including where you can report

**WHEN
IS HATE
A CRIME?**

Talk about it

Tell someone what happened. Share your experience with a person that you trust, such as a friend, family member, colleague or school principal. You don't have to deal with this by yourself.

Name it

Knowledge is power. You can give a name to your experience. It might be a hate crime, hate incident, vilification or discrimination. You can learn about the law and your rights. You can start conversations in your community using our Community Toolkit.

Understand your options

There are a range of services available to help you process what happened, look after yourself and understand your options. You don't have to cope on your own.