

FACTSHEET: Hate Crime: Staying Safe, Being Confident & Understanding Your Rights



Understanding Hate Incident, Crime & Hate Crime

A **hate incident** is when someone is unkind, rude or unfair to you because of:

- Disability.
- Race or skin colour.
- Religion.
- Being gay, lesbian or bisexual (sexual orientation).
- Being transgender (for example, changing from male to female).

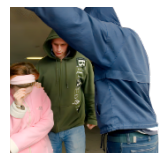


Anyone can experience a hate incident.



Examples of a hate incident include:

- Someone is unkind because they *think* you are gay, even if you are not.
- Someone is rude to you because you have a disabled child.



But it doesn't include violence, threats, or damage.



A **crime** is when someone breaks the law.

A **hate crime** is when someone breaks the law because of hate or prejudice. This can also be because of disability, race, religion, sexuality or being transgender.



Examples of hate crime include:

- Being threatened because of a disability.
- Being bullied on public transport because of your skin colour.
- Being tricked, overcharged, or robbed because of religious beliefs.
- Being harassed online because of your sexuality.



Hate crimes are serious and can lead to arrest and prison time.

Staying Safe - the basis

- Trust your instincts — if something feels wrong, move away and get help.
- Stay aware of what is happening around you.
- Keep your phone charged when you travel.
- Know who are your *safe adults* are such as teachers, youth workers, trusted families, transport staff.



Staying Safe in Public



- Stand near the driver on buses if you feel unsure.
- Use your **strong voice** to say “Stop” or “Please don’t do that.”



- Know when to call:
 - **999** – emergencies or dangers.
 - **101** – non-emergency police concerns.



- If someone is unkind or shouting:
 - Walk away.
 - Go somewhere busy.
 - Ask an adult or staff member for help.

Online Safety



- Don’t share personal info or your location.
- Watch out for:
 - Fake accounts.
 - Scam messages.
 - Older people pretending to be younger.
- Block and report harmful behaviour.
- Screenshot evidence if someone is unkind or threatening.

Confidence & Managing Fear

Feeling nervous in public or on transport is normal.



Try:



- Planning routes ahead of time.
- Travelling with friends.
- Using well-lit or busy paths.
- Speaking calmly and clearly.
- Ask staff or trusted adults for support.



Work, Volunteering & Your Rights



- You have rights at school, work placements, and jobs.
- You can ask for **reasonable adjustments** if you have a disability.



There is support available through:

- School/college careers advisors.
- Youth hubs.
- Disability support groups.
- Access to Work (from age 16+).



If treated unfairly: speak up to a trusted adult or report it.

Transport & Independence

Common worries are getting lost, broken lifts, unsafe areas, unhelpful drivers. You're not alone; lots of people feel this way.



Helpful tips:

- Ask the driver for help if needed.
- Check accessibility on apps.
- Know how to report broken ramps/lifts.
- Stand somewhere safe and visible.
- Have a backup plan if transport doesn't arrive.



Where to Get Help If It happens:

- Trusted adult (parent, carer, teacher, youth worker).
- School safeguarding team.
- Local youth services.
- Police: **999** (emergency) / **101** (non-emergency).
- British Transport Police: 61016
- Transport staff.
- Online reporting tools.
- Disability organisations and helplines.



Final Message

You have the right to be safe.

You deserve respect.

You are not alone.

