



**If you experience hate crime,
report it to the police:**



Call 101 to report a crime



Call 999 in an emergency



Report online at
thamesvalley.police.uk



**If you don't want to speak to the
police, you can contact Victims
First for confidential advice and
support:**



Call 0300 1234 148



Or go to victims-first.org.uk

**HIDDEN
HARM**



Hate Crime



It's not ok to be abused
because of who you are,
how you look or what you
believe in.



Don't suffer in silence.



We're here to help and
keep you safe.

**HIDDEN
HARM**



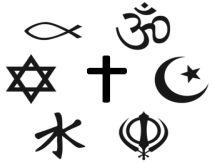


Hate crime is when someone targets you because of who you are.

This could be because of your:



Race



Religion



Sexual orientation



Disability



Or transgender identity



Hate crimes can happen anywhere, even online.

They can include:



Threats



Intimidation



Damage to your property



Physical attacks

ALERT



If it's happening to you, don't just ignore it.



If you tell us, we can investigate it and try to stop it from getting worse for you or someone else.

If you think someone has targeted you because of these things, report it.