

Racism can cause serious harm to individuals and communities. It can leave people feeling isolated and alone.
It is up to all of us to make it clear that we are not OK with racism or hate of any kind.
It is important to STAND UP when we see racism, especially if we are not the victim.

What can I do if I am a VICTIM of racism or hate?

FACE TO FACE

FIRST THING: CHECK YOUR SAFETY – both physical and emotional. Don't put yourself at risk. **If you feel you or someone else is in danger, CALL 000** and find someone (bus driver, security guard, other member of the public) to go to and speak to about what is happening. Move towards a busier location if possible.

ASK FOR HELP – find someone nearby who looks/feels “safe” and go to them. You can just sit/stand near them or you could say something:

- *I feel unsafe, can I sit here please?*
- *I feel uncomfortable because of something {that person} said / did.*
- *I feel nervous, can you please help me?*
- *I am scared of that person, can I please stay here?*

GET EVIDENCE – If it is safe, take video or photo evidence of the incident. After, you should **REPORT** the racist abuse to the Victorian or Australian Human Rights Commission (see below for more information on this)

BE READY! – Think about how you might respond so you can try to remain calm and have some words ready to go, in case you want to use them:

- *Please leave me alone.*
- *Please don't say that to me / please don't say that about me*
- *That is unfair*
- *That is not funny*

ONLINE

- **FIRST THING: TAKE A SCREENSHOT** of the words or images so you have evidence
- **Don't respond** (unless you know the person writing and you want to stand up to their racist ideas)
- **Don't reveal** personal details about yourself or your life
- **BLOCK** the user
- **REPORT** the incident: to the social media platform AND to the Human Rights Commission (details below)

What can I do if I SEE racism or hate?

What can I do if someone I know says something racist?

FIRST THING: CHECK YOUR SAFETY

Don't put yourself at risk. Try to stay calm.

**If you feel you or someone else is in danger,
CALL 000**

THEN, IF IT IS SAFE:

- **RECORD** what is happening (video or photo)
- If you feel comfortable, you can **CHALLENGE** what has been said:
*Why do you say that? Why don't you leave them alone?
Why do you think that is funny? What made you say that?
Where did you get that information? Why do you think that?*
- **SUPPORT THE VICTIM** - go towards the victim and let them know you do not agree with the racist/intolerant comments. Even just standing or sitting near them can make a difference. Check if they are ok.

A bystander/witness who speaks up can make a big difference!

REPORTING & LINKS TO INFORMATION IN YOUR LANGUAGE

If you are a victim of hate or witness racism, you should REPORT it. You can report to the **Victorian Equal Opportunity & Human Rights Commission.**

- Racism has no place in Victoria – report racism on the **Community Reporting Tool:**
<https://www.humanrightscommission.vic.gov.au/discrimination/making-a-complaint/community-reporting-tool>
- For links to information and reporting in various languages, see
<https://www.humanrightscommission.vic.gov.au/get-help>
- Australian Human Rights Commission translated information:
<https://humanrights.gov.au/about/translated-information>
- You can also report racism to the **Police** or through the organization **All Together Now**, a charity that fights racism through education:
<https://reportingracism.alltogethernow.org.au>

REPORT THE INCIDENT AND TALK TO SOMEONE

Schools, workplaces, sports clubs and community centres can help you. Please speak to your teacher at GEALC or contact Lindy.
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