

Where to do if you, or someone you know, has been affected.

Speak out – talk to your family, a good friend or/and speak to UniHelp about support available within the University and externally. It's important to let the right people know that this is happening to you so they can help you keep safe.

Get specialist support – there are a number of organisations offering free and practical emotional support. Click [here](#) to access the information-guidance tool 'Pathways' and find out more.

Report it – report to the police by calling 101 (in an emergency call 999). To report to the University, please [read the Report.It.To.Stop.It information](#) on the Changing the Culture Initiative page in UniHub for information, guidance and various ways to report.

Report online hate to a website, app or social media platform - most apps and websites have built in reporting features, or an email to enable you to contact the administrators to report online hate. Find out how to report, as well as how to keep your privacy settings updated and how to use the untag and block features on applications on the websites you use.

[Twitter](#)
[Facebook](#)
[Youtube](#)
[Google+](#)
[Linkedin](#)
[Instagram](#)
[Tumblr](#)
[Flickr](#)
[Reddit](#)
[Pinterest](#)
[Snapchat](#)

Find out more about your options - [read the information-guidance tool 'Pathways'](#) to find out more about getting support (including specialist help) and reporting both to the University and to the police.

What are hate incidents?

Hate incidents are acts of violence or hostility directed against someone because of who they are or who someone else thinks they are. The term includes criminal offences (hate crimes) and non-criminal acts.

Hate incidents are associated with, for example: racism, faith-based and religious hatred, antisemitism, anti-Muslim hatred / Islamophobia, hatred or refugees, discrimination against asylum seekers and Gypsy-Roma and Travelling communities, ageism, sexism, homophobia, transphobia, biphobia and violence against women.

The perpetrator of a hate incident may well target an individual or group of people because of several characteristics e.g. a Muslim woman may face abuse because of her gender, faith and ethnicity.

Hate incidents can take many forms, such as:

- Verbal abuse, name-calling, offensive jokes and abusive gestures;
- Bullying, spreading rumours, gossiping;
- Making malicious complaints, for example over parking, smells or noise;
- Intimidation, threats of violence;
- Physical attacks, such as hitting, punching, pushing or spitting;
- Hoax calls, abusive phone calls or text messaging;
- Harassment, sexual intimidation, stalking and hate mail;
- Online abuse and trolling, spreading hatred on social media;
- Displaying or circulating discriminatory literature or posters;
- Causing harm to someone's property, such as their home, pet or car;
- Deliberately isolating somebody, giving them 'the cold shoulder';
- Vandalism of places of worship or offensive graffiti in public places;
- Acts of terrorism;
- Trolling (posting inflammatory or inappropriate online messages or comments to upset and provoke responses from other internet users).

When is a hate incident also a hate crime?

A hate incident is defined as a hate crime when it involves an offence which breaks the law. There is a range of legislation that can apply to hate crime and hate incidents (Public Order Act 1986; Protection and Harassment Act 1997; Criminal Law Crime and Disorder Act 1998; Racial and Religious Hatred Act 2006; The Equality Act 2010).

An hate incident can be classified as a hate crime if it is carried out because of hostility or prejudice based on: disability, race, religion, transgender identity or sexual orientation. Incidents motivated by other personal characteristics may not be classified as a hate crime under law though the police are still able to take action and prosecute.

What is hate speech?

Hate speech is any communications (in person or online) which advocates, promotes or incites hatred, discrimination or violence against any individual or group because of any protected characteristic.

Examples of hate speech include:

- Any communications (in person or online) which could incite hatred towards a particular group or person;
- Threats to an individual or group;
- Words, images and other communications that call for or glorify violence against a group;
- Encouraging others to commit a hate crime;
- Trolling (posting offensive, upsetting or inflammatory comments online in an attempt to hurt and provoke a response);
- Online abuse and cyberbullying.

What does the law say about hate speech?

Expressions of hatred toward someone on account of that person's colour, race, disability, nationality (including citizenship), ethnic or national origin, religion, gender identity, or sexual orientation is against the law. You can report any communication which is threatening or abusive, and is intended to harass, alarm, or distress. The penalties for hate speech include fines, imprisonment, or both.

What about online hate?

Online hate is the use of information and communication technologies by an individual or group to repeatedly cause harm to another person.

Abuse may occur solely in the digital realm or solely offline. Alternatively, the abuse may form part of a wider campaign targeting individuals both on and offline. For example, online hate speech may be a part of wider pattern of harassment and abuse that is happening in other areas of someone's life, for example a neighbour that is being targeted at their home and online.

Perpetrators may choose to commit acts of hate online for a number of reasons, such as the conception that it is not recognised as a hate crime, or belief that it will not be reported. The reality is that the government adopts the legal principle that what is illegal offline is also therefore illegal online. Thus, reporting online hate incidents will be treated by the police in just the same way as hate incidents which occur in the physical world.

For further information, see the [Crown Prosecution Services' guidelines](#) on prosecuting cases involving communications sent by social media.