

Hate hurts more than we see



Canadian
Race Relations
Foundation



Learn more at durham.ca/Anti-Hate

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**Together Against
Hate Durham**
Community
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How to support victims of hate

- **Active listening**—Be fully present. Listen to understand, not to respond.
- **Validation**—Affirm their experience and pain. “You didn’t deserve this,” or “I believe you.”
- **Empathetic non-judgmental response**—Support without assumptions or criticism
- **Empowerment, not control**—Let them guide what they need. “You are not alone,” or “I’m here for you.”
- **Respecting consent**—Let them lead their healing process. “How can I support you?” or “How can I help you feel safe?”



Harmful responses:

“Just ignore it.”

“They didn’t mean it.”

“You’re overreacting.”

“Why didn’t you stop it?”

These responses dismiss real harm and reinforce silence.



Supportive responses:

“Are you okay?”

“You’re not alone.”

“I see you. I hear you.”