

Hate hurts more than we see

Acts of hate are not isolated—they originate in systems of oppression targeting people based on identities. For example, race, religion, disability, gender identity, sexual orientation, and other identities.

Victims often carry the weight of harm and the burden of not being believed, protected, and supported.

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?"

A commitment to care

Supporting victims means reducing harm. Your presence, compassion, and humility can counter isolation and disbelief. Together, we can build a culture where healing is possible, and solidarity is real.



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?"

"I see you. I hear you."

"You're not alone."



Scan the QR code to complete the **Together Against Hate Durham** Community Feedback Survey



Canadian
Race Relations
Foundation

Learn more at durham.ca/Anti-Hate

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