

Hate hurts—through words, actions, online posts, and silence. But here's the truth: you have the power to recognize hate, speak out, support others, and help make your school and community safer.

What does hate look like?

Hate can show up in obvious or subtle ways:

- Bullying, slurs, threats
- Hateful graffiti or symbols
- Exclusion or stereotypes
- Offensive “jokes” or memes
- Online posts that mock or target identity groups

Examples to watch for:

- Someone says, “You don’t belong here” because of their race or religion
- A meme that makes fun of someone’s gender identity or disability
- A group chat sharing slurs or hate symbols
- A person being excluded from activities because of who they are
- Hate crimes: threats or violence based on identity.
- Hate incidents: harmful acts that may not break the law.

Witnessing hate: how to step up safely

Being a bystander is out. Being an upstander is how you make a difference. Use the five D’s to respond safely:

- **Direct:** Speak up calmly if safe: “That’s not okay” or “Please stop”.
- **Delegate:** Get help from trusted teachers, adults, authorities, or community members.
- **Delay:** Check in afterward: “Are you okay?” or “I’m here if you want to talk.”
- **Distract:** Change the subject, help interrupt the situation, or create a pause.
- **Document:** If safe, record incidents, but always prioritize consent and privacy.

If you require this information in an alternate accessible format, please contact 311 or the Accessibility Coordinator at accessibility@durham.ca or 1-800-372-1102, extension 2009.

Learn more at
durham.ca/Anti-Hate



Together against hate:

A youth guide to recognizing and responding to hate



Canadian
Race Relations
Foundation

Online hate: digital safety

Hate spreads fast online—through posts, games, chats, livestreams, and social media. It can stick around and hurt more people over time.

Be a positive digital citizen:

- Before reposting, ask, “Is this kind or harmful?”
- Don’t share memes that stereotype or mock others
- Use your platform to spread respect and support

Cyberbullying and online hate:

- Report hate using platform tools
- Don’t reply—it can make things worse
- Block or mute harmful accounts
- Talk to someone if it’s affecting you

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



Protect yourself:

- Use privacy settings
- Don’t overshare personal information
- Reach out to friends, family, or adults you trust if you feel unsafe

Reporting hate

Reporting isn’t about “getting someone in trouble”—it’s about stopping cycles of hate, building accountability, and protecting others. When you report, you help create safer spaces for everyone and support those affected.

- **In emergencies:** Call 911 right away if you’re concerned about the safety of yourself or others. You will be connected to Durham Regional Police Services (DRPS) where an officer will investigate and assign an occurrence number. Be sure to record this number and the officer’s contact details for follow up.



- **Non-emergency:** DRPS also has a non-emergency phone line –1-888-579-1520 or 905-579-1520 (Press 0) or email hatecrime@drps.ca
- **At school:** Tell a teacher, counselor, or administrator you trust.
- **Online hate:** Save evidence safely by taking screenshots or photos but avoid sharing harmful content publicly. Use the online platform reporting features to flag hate and talk to a trusted adult if you’re being targeted.



Community-Based Hate Reporting Program

Launching in early 2026, this new program, developed in partnership with Victim Services of Durham Region offers multiple ways to report, safe, confidential, trauma-informed support, culturally responsive resources and emotional and mental health services.