

RESOURCES

Hate Crimes

What to Do If You've Been The Victim of a Hate Crime

Produced by the **HRC Foundation**



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Find steps you can take if you have been the victim of a hate crime.

Below are some steps you can take if you have been a victim of a hate crime.

- **Get medical help, if necessary.**

- **Write down any and all of the details of the crime as soon as possible after the incident.** Include the perpetrator[s] gender, age, height, race, weight, clothes and other distinguishing characteristics. If any threats or biased comments were made (such as anti-gay epithets), include them in the report.
- **File reports.**
 - File a police report
 - Get the responding officer's name and badge number
 - Make sure the officer files an incident report form and assigns a case number. If a police report is not taken at the time of your report, go to the police station and ask for one. Always get your own copy, even of the preliminary report.
 - If you believe the incident was bias-motivated, urge the officer to check the "hate/bias-motivation" or "hate crime/incident" box on the police report.
 - Notify your local LGBTQ+ community organization about the incident
- **Find support.**
 - Friends and family
 - Get professional help – from a LGBTQ+ affirmative therapist
 - Find resources from [the FBI](#)
 - Contact anti-violence support service – such as the [National Coalition of Anti-Violence Programs](#)

The Human Rights Campaign reports on news, events and resources of the **Human Rights Campaign Foundation** that are of interest to the general public and further our common mission to support the LGBTQ+ community.

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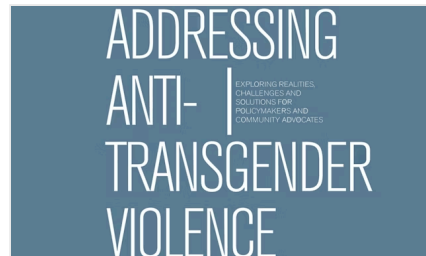
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