



What is a disability hate crime?



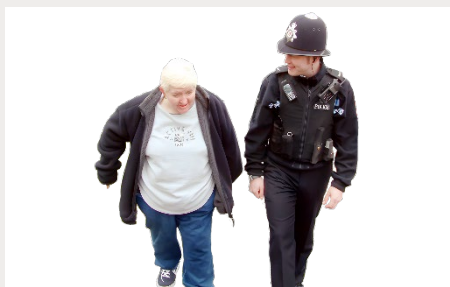
A disability hate crime is any crime where somebody is targeted because of their disability.



A hate incident is when somebody is targeted because of their disability, but the act isn't a crime.



If lots of hate incidents are done by the same person against the same person it can become a hate crime.



It's important for the police to understand that the victim was targeted because of their disability.



It's important that victims understand their rights and that the people who support them do too.



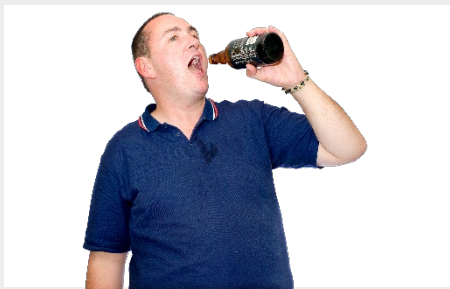
Hate crime can come in different forms.



Some hate crimes can happen online too.



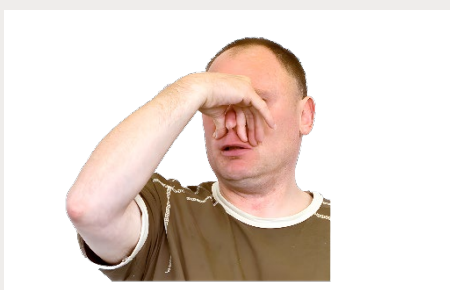
Some warning signs that somebody is a victim of hate crime can be:



They are using harmful coping strategies, such as self-harm or alcohol abuse.



Their anxiety has increased with no immediate cause.



There are changes in their self-care and hygiene.



Examples of disability hate crime



Coercion or mate crime



Coercion or mate crime is when somebody makes you do something you don't want to do.



The people making you do things might pretend to be your friends.



Theft



Theft is when something is taken from you by another person.



You might not know something has been taken from you straight away.



Property damage



Property damage is when somebody destroys or damages things you own.



Physical abuse



Physical abuse is when somebody hurts your body.



Sexual abuse



Sexual abuse is when somebody touches parts of your body that are private.



If you did not give informed consent it is abuse.

Giving consent is when you understand what is going to happen, want it to and say yes.



Verbal abuse or intimidation



Verbal abuse or intimidation is when somebody makes you feel scared or upset.



Examples of hate incidents



Some hate incidents can happen in person.



Things like: shoving, pushing and stopping you from moving away.



Some hate incidents can happen online or in person.



Things like; name calling, negative comments and threats.



How to report a hate crime or hate incident



If you are worried about your safety, talk to someone you trust and who can help you.



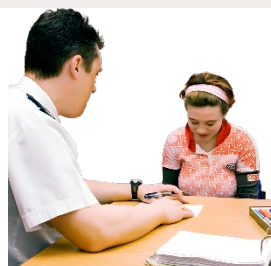
If you think you might be a victim of a hate crime or a hate incident talk to someone you trust and who can help you.



It is important to tell the police so they know what is happening.



The police are there to help you and to protect you.



They will ask you some questions.



You can have help from somebody you trust when you talk to them.



Call 999 in an emergency



This is the phonenumber to tell the police about something that is an emergency.



You should call this number if you, or somebody else, is in danger.



You should tell the person who answers that you need to talk to the police.



You should tell the person that answers that you have autism or a learning disability.



This will help them communicate with you better.



It will also help them to work out if what is happening might be a hate crime or incident.



Call 101 if it isn't an emergency



This is a phoneline to tell the police about something that is not an emergency.



You should call this number if you are not in immediate danger but are concerned about how someone is behaving towards you.



When somebody answers the phone tell them that you would like to report something.



Tell them that you have autism or a learning disability.



This will help them communicate with you better.



It will also help them to work out if what is happening might be a hate crime or incident.



You can talk to the police at the police station



If you think you are in danger you can go to the police station and talk to somebody.



You might have to wait for somebody to talk to or go back at a different time.



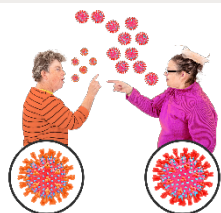
You should tell the person that you are talking to that you think you might be in danger.



You should tell the person you are talking to that you have autism or a learning disability.



This will help them communicate with you better.



It will also help them to work out if what is happening might be a hate crime or incident.



You can report a hate crime online



Visit www.report-it.org.uk/your_police_force and click on 'Click Here to Report to your local police'.



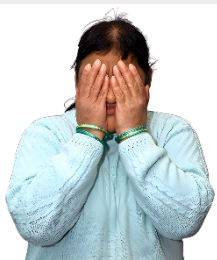
Do not use this method if:



The person who committed the hate crime is still there.



You or anyone else is hurt or in danger.



You think the person who committed the hate crime will return.



If you need help straight away call 999 and tell them you need help from the police.

Better Lives for More People

Dimensions supports adults with learning disabilities, autistic people, individuals with complex health or forensic needs, and those with a history of behaviours of distress.

The people we support and their families are at the heart of everything we do. We want every person we support to have a great, ordinary, active life as part of their local community.

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