

**KNOW  
YOUR RIGHTS!**

**YOU'VE GOT THE RIGHT TO BE YOURSELF!**



## **Discrimination and Hate Crime**

### **How to Report**

### **Information Leaflet**

**Fife Centre *for*  
Equalities**

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## What is discrimination?

Discrimination is when one person or a group of people being treated less fairly or less well than other people or groups.

The groups can be age, disability, gender reassignment, marriage & civil partnership, pregnancy & maternity, race, religion & belief, sex, or sexual orientation.

## What is hate crime and incident?

It is a crime against you, your friends, your family or your property because of your actual or presumed characteristics such as:

- disability
- race or ethnicity
- religion or belief
- sexual orientation
- transgender identity

**A victim does not have to be a member of the group at which the hostility is targeted. In fact, anyone could be a victim of a hate crime.**

**Hate Incidents** can feel like crimes to those who suffer them and often escalate to crimes or tension in a community.

The step before something is recorded as a crime is a 'hate incident'. All reports to the police are recorded as 'incidents', though they're not necessarily crimes.

## Examples of hate crimes include

Physical and verbal attacks / Vandalism and graffiti / Cyberbullying / Abusive text messaging and hate mail / Offensive signs or gestures / Threatening behaviours / Groups chanting/Vandalism



We are encouraging people to report incidents or concerns, even if no law has been broken, to help prevent future wrongdoings. *The police can only prosecute when the law is broken but can work with partners to try and prevent any escalation in incidents. Some courts can put a stop to discrimination.*

## Why should I report discrimination or hate crime?

1. Discrimination and hate crime are hurtful; they can also be confusing and frightening.
2. By reporting them when they happen to you or someone you know, you may be able to prevent these incidents from happening to someone else.
3. You will also help the organisations who want to support you to understand the extent of problems you are experiencing so they can help you or people in your community.
4. By reporting, you will be better supported.

## Reporting makes a difference - to you, your friends, and your life.

Discrimination and hate crime may affect an individual in every area of their life, work, school and home. People who experience such incidents may feel guilty, humiliated and too embarrassed to complain. Stress may lead to emotional symptoms such as a loss of self-confidence and self-esteem. The physical symptoms include loss of sleep, headaches. Further more serious physical and mental health problems may develop, not only for the victim, but also for the family.

## Scared to report because of what might happen?

If someone has made you feel scared, worried or vulnerable because of who you are, report it and get advice and support. **Worried about reporting, you can report anonymously.**



## How can I tell someone?

There are several ways you can share with someone about your experiences or concerns, whether you have been a victim, a witness, or you are reporting on behalf of someone else:

**You can report to us anonymously and we can report it to the council or police, give you advice and support.**

### **Fife Centre for Equalities**

(T) 01592 645 310 or Text 07800005834

(E) [info@centreforequalities.org.uk](mailto:info@centreforequalities.org.uk)

(W) [www.centreforequalities.org.uk](http://www.centreforequalities.org.uk)

<https://www.facebook.com/fifecentreforequalities>

**You can report to any Fife Council** office, school, library, Community centre and they can report it to the police, give you advice and support

### **Fife Council**

**(T) 0345 155 0000**

Online - <https://www.fifedirect.org.uk>

[Report Hate Crime](#)

There is also **Police Scotland**

Online reporting form

<https://www.scotland.police.uk/secureforms/hate-crime/>

Telephone 999 for emergencies or 101 for non-emergencies

**Not reporting could lead to things getting worse**

**To treat people badly because of who they are is wrong.**

