

# HATE HURTS

## KINDNESS HEALS









#### What is a Hate Crime?

A hate crime is when someone does something bad or illegal to another person because of who they are. This can happen if someone is mean or hurtful because of:

- Their skin color or where they come from (race)
- Their religion (what they believe in)
- Who they love (sexual orientation)
- If they have a disability (something that makes it harder for them to do things)
- If they are transgender (if they feel different from the gender they were born with)

Hate crimes are very serious because they hurt people just for being themselves. It's important to be kind and respectful to everyone, no matter how different they might be from us



Verbal Abuse: Name-calling or using hurtful words.



Vandalism: Damaging property with hateful messages or symbols.

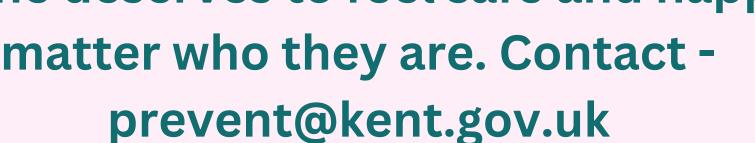


Cyberbullying: Repeatedly sending threatening or abusive messages to someone because of their identity.



Physical Harm: Hitting, pushing, or other forms of violence.

Everyone deserves to feel safe and happy, no







#### What is Antisemitism?

Antisemitism is when people are mean or unfair to Jewish people just because they are Jewish. This can include saying hurtful things, bullying, or even hurting them physically.





### What is Islamaphobia?

Islamophobia means being afraid of or not liking people just because they are Muslims. This can lead to unfair treatment, mean words, or even hurting someone just because they follow Islam.

#### Who are the ERW?

The Extreme Right Wing (ERW) believes that not everyone should be treated equally and doesn't support democracy. They have very unfair views about people who are different from them, including being racist, sexist, and against people who are Muslim, LGBTQ+, Jewish, or from other countries. They often prefer strict or no government and don't like changes that help society progress.



#### What if it happens to me?

- Stay Safe: If you feel scared or unsafe, try to go somewhere safe.
- Tell an Adult: Talk to a parent, teacher, or another adult you trust about what happened.
- Write It Down: If you can, write down what happened, including when and where it happened and who was there.
- Report It: Let your school or the police know about the incident.
- Talk About It: Share your feelings with someone you trust, like a family member or friend.