



Your guide to
understanding
LGBTQI+ Hate Crime



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This toolkit provides step by step guidance on how to recognise LGBTQI+ Hate Crime, how to report it, and an overview of how Stop Hate UK can support those affected in the community.



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1. About Hate Crime

1.1 LGBTQI+ Hate Incidents and Hate Crimes

There are different types of abuse which constitute a Hate Crime. This includes homophobic, transphobic, biphobic and acephobic Hate Crime.

You don't need to be lesbian, gay, bisexual, asexual or identify as transgender to be targeted by an anti-LGBTQI+ Hate Crime.

If the perpetrator believes you are and uses this as motivation to commit the crime, this is still a Hate Crime and you should report it. You have the right to express yourself and to live freely, regardless of your actual sexual orientation or gender identity.



1.2 A Hate Incident

If you or anyone else who witnessed the incident believes it was motivated by hostility or prejudice based on one or more of the following protected characteristics, then this is classed as a hate incident:

- Disability
- Race
- Religion
- Gender identity
- Sexual orientation

Some police forces recognise other personal characteristics as motivations for prejudice and hate incidents. For example, Nottinghamshire Police now class misogyny as a motivation for hate.

1.3 Examples of Hate Incidents

Hate incidents can take many forms:

- Verbal abuse such as name calling and offensive jokes
- Harassment and bullying
- Physical attacks such as hitting, pushing, spitting
- Threats of violence
- Hoax calls, abusive phone or text messages, hate mail
- Online abuse for example on Facebook or Twitter
- Displaying or circulating discriminatory content
- Harm or damage to your property/Arson
- Graffiti

Not all hate incidents will amount to criminal offences, but it is equally important that these are reported and recorded to the police or Stop Hate UK.



1.4 Examples Hate Crimes

A LGBTQI+ hate incident is also a Hate Crime when any criminal or hostile behaviour which expresses homophobic, transphobic, biphobic or acephobic prejudice is carried out, including:

- Assaults
- Criminal damage
- Harassment (Public Order Act 1986).
- Murder
- Sexual assault
- Theft
- Fraud
- Burglary
- Hate mail (Malicious Communications Act 1988)
- Encouraging others to target LGBTQI+ people



1.5 Homophobia

Homophobia refers to hate, prejudice, and discrimination targeted at people who experience same-sex attraction, or who are part of the LGBTQI+ community. It is a broad term and can describe hate towards lesbian, gay, and bisexual people, as well as hate towards others whose sexual orientation is something other than heterosexual.

Gender identity and expression can also play a part in homophobic hate if the perpetrator perceives the way that someone dresses or behaves as 'gay'.

Homophobia is not only experienced by people who are lesbian or gay. Bisexual people can receive homophobic hate too, in addition to biphobia.

What is homophobic hate?

Homophobic incidents can be a criminal offence depending on what happened and who was involved. It is not your responsibility to determine whether what you have experienced is a crime or not.

The Stop Hate UK LGBTQI+ Helpline provides a 24/7 service and will support and listen to you, whatever you're going through. If you're in a listed area, you can report the incident to Stop Hate UK.



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1.6 Transphobia

Transphobia is hate and discrimination towards people whose gender identity does not conform to the gender binary. Transphobia can be directed at people who are transgender, nonbinary, or who are perceived to be gender variant in some way.

Transphobia can manifest in a range of different ways:

- Physical violence
- Intimidation/threats of violence
- Harassment
- Deliberately misgendering a trans or gender variant person by using the wrong pronouns or someone's 'dead name'.
- Using offensive or insulting terms or slurs to address someone.
- Outing somebody as trans without their permission
- Discrimination: refusing goods, facilities, or services.

What is transphobic hate?

Some incidents of transphobia will be legally classed as a Hate Crime. Transphobic Hate Crimes are not covered by one specific law on transphobia, but rather a range of laws, and the law that is relevant to an incident depends on what happened and the circumstances of an incident.

It is not your responsibility to determine whether what you have experienced is a Hate Crime or not.

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1.7 Biphobia

Biphobia is hate, discrimination, or prejudice targeted at bisexual people because of their sexual orientation. Biphobia can include, but is not limited to:

- **Bi erasure:** People refusing to acknowledge bisexual as a valid sexual orientation and insisting that a bi person is confused, 'in denial', or 'going through a phase', believing that they are actually gay or straight.
- **Negative stereotypes:** Bisexual people can face hate and discrimination based on false and harmful stereotypes that they are greedy, promiscuous, perverse, deceitful, or unfaithful.

Many bi people experience homophobia. They can also experience prejudice from within the LGBTQI+ community for not being considered 'queer enough', causing some bi people to feel they have to pass as gay or lesbian to be accepted.

What is biphobic hate?

Any offence where someone has been targeted on the basis of their bisexuality is a biphobic Hate Crime.

Biphobic incidents can often include domestic, verbal, or sexual abuse. If you feel you have been targeted because of your bisexuality, it is important that you record the motivation and report it that way.

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1.8 Acephobia

Acephobia is hate or prejudice targeted towards asexual or aromantic people. Many people are still unaware of what asexuality is, or that there are people who experience it.

People who identify as asexual do not experience sexual attraction and people who identify as aromantic do not experience romantic attraction.

Acephobia is based on false and negative stereotypes that asexual people are:

- 'Broken' or mentally ill
- Go against human nature and are 'unnatural'
- Are cold, emotionless, and 'machine-like'
- Are confused or haven't met the right person yet
- Are incapable of experiencing love
- Not a valid part of the LGBTQI+ community

What is acephobic hate?

Any offence against someone's sexual orientation for being asexual or aromantic should be treated as an anti-asexual Hate Crime if the person who experienced it or anyone else feels it was an expression of acephobia.

Awareness of Acephobic Hate Crime is growing, and although it is not yet included in the Police guidance and legislation, it is covered under Hate Crime law and could be used to impose a harsher sentence based on a motivation against someone's sexual orientation. Stop Hate UK recognise Acephobic hate and can support you.



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2. Understanding Hate Crime Law

21. Is it against the law?

Violent or hostile behaviour directed at people because of who they are, or who someone thinks they are, are dealt with by police as a 'Hate Crime' or 'Hate Incident'. If it involves a criminal offence aimed at the person's personal characteristic, then it is a Hate Crime.

While personal characteristics, such as age or belonging to an alternative subculture, are not classified as hate crimes under the law, Stop Hate UK recognises these as motivations and can support you.

Hate crime doesn't often happen on its own- it's a steady process and can manifest from smaller incidents which may escalate into serious and calculated attacks.

Just make sure to tell them why you think it was a hate incident or crime. Perhaps it happened when you were holding hands with your partner for example.

Here are some examples of chargeable offences:

Verbal Abuse

If someone uses name calling, insults or threatening behaviour towards you, this is verbal abuse. In fact, any form of written abuse, including words over email, text, letters, or graffiti are included in this.



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More examples of chargeable offences

Physical abuse

Any form of assault, including spitting, pushing, and shoving is assault. Anything that causes bruising, scratching or scarring is bodily harm. Even if you experience threats of physical abuse, but don't get hurt, this is still an offence

Harassment

Any form of behaviour that is repeatedly done to make someone feel scared or distressed is harassment. As long as you believe the harasser is trying to cause you distress by being repeatedly abusive towards you or anyone else, then you should report it.

Blackmail

Blackmail can happen both online and offline. If someone uses information or misinformation about you as a leverage to demand something in return, this is a threat and is a crime. Blackmail can also be done in conjunction with image based sexual abuse.

Stealing or damaging property
Causing damage to someone's property or stealing from them is a Hate Crime. This involves any harm that comes to something that you own the property of.

Online Hate

Any communications online which incite hatred towards sexual orientation, religion and race could be prosecuted, relative to the decision of the Director of Public Prosecutions.

The Stop Hate UK LGBTQI+ Helpline provides a 24/7 service and will support and listen to you, whatever you're going through. If you're in a listed [area](#), you can report the incident to Stop Hate UK.



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3. Online Hate

3.1 Recognising Online Hate

Online Hate Speech against LGBTQI+ people can take many forms and can have a harmful effect on both people and communities targeted by it. It can happen in both public online settings, like on social media platforms, or in private messages.

Online hate could be, but is not limited to:

- Offensive, insulting or inflammatory comments
- Threats of violence towards individuals or groups
- Public posts which 'out' LGBTQI+ people without their consent
- Sharing or threatening to share someone's private information, known as 'doxxing', including image-based sexual abuse or 'revenge porn'
- Cyber-stalking
- Images or videos which contain hateful sentiment
- Posts which dehumanise individuals or groups

3.2 Recording Online Hate

Hateful posts can be taken down so its important to record them:

- Take screenshots of posts or messages which are hateful
- Copy and paste the URL of the hateful post and keep this saved somewhere
- Make a note of the date and time
- Note down any details about the abuser
- What the hateful content was or what it said
- Make a note of any action you took

If you live in an area where we are commissioned, you can report Online hate to Stop Hate UK via our helpline, live chat, text service, or email. You can also report it to Social Media providers.

For more information, visit the [Online Hate Resource Hub](#).

4. Reporting a Hate Crime or Hate Incident

4.1 Reporting it to top Hate UK

We recognise that experiencing a Hate Crime and reporting it can be difficult. It can be very hard to go over the details of what happened. You might also be fearful or think that there is no point in reporting it. But it is really important to report it. By reporting, you are helping to protect others and tell the bigger story. Your report may also help to catch the perpetrator.

Stop Hate UK offer 24-hour independent and confidential information, advice and support through our helplines to anybody who has witnessed, or experienced a Hate Crime or been affected by an LGBTQI+ related incident.



Call the LGBTQI+ Helpline
08088010661



Email talk@stophateuk.org or
fill out an online form [here](#)



Chat online to an operator
Follow the link [here](#)



Post to PO Box 851,
Leeds,
LS1 9QS



Text 07717989025
Text Relay 180010808-8010661
Standard Network Rates apply



BSL (British Sign Language)
Report using [InterpreterNow](#)
[here](#)



Under the age of 18?
Call [Hate Out](#) [here](#) to report

5. Taking Care After an Incident

5.1 Get help

Sometimes an incident can be a shock and can take time to process. This might mean that you don't want to report the incident straight away. It can take time to feel comfortable talking about an incident or telling other people what happened. Whenever you feel comfortable to tell someone, Stop Hate UK can support you, whether you decide to report the incident to the police or not.

It is your decision whether you would like to contact the Police about what happened. It is not your responsibility to determine whether what you have experienced is a crime or not.

5.2 If you have been injured

If you have physically hurt in any way, taking a photograph of your injuries can be useful as these photos might be used as evidence if you decide to go to the police.

5.3 Record what happened

It can be helpful to write down the details of an incident such as **the time and place of an incident, a physical description of the perpetrator, and what they did or said so you can record what happened for when you seek support or report it.**

If there is a series of ongoing incidents involving the same person or people, keeping a record can be very helpful in building the report for harassment.



5.4 Self Care

It's important to take care of yourself after an incident. Abuse can be difficult to process and can have negative effects on the mental health and wellbeing of people who have experienced it.

Here are some tips for looking after yourself:

Talk

Telling a friend or a family about what happened, or about how you're feeling can help. You can also speak to a support service, like Stop Hate UK or another organisation.

Be kind to yourself

Try to exercise compassion towards yourself. Sometimes it can be helpful to imagine how you would respond if a friend had experienced an incident, then apply it to yourself.

Healthy Habits

It is valuable to try to maintain healthy habits like eating regular meals, staying hydrated, and getting enough sleep when recovering from an incident. Take the time out for yourself and make sure every day you prioritise your wellbeing.

Seek professional support

If you feel your mental health and wellbeing has been impacted, seeking advice from your GP, counselling or therapy could be a positive step to take.

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6. Going to the Police

If you are in immediate danger, call 999 .

6.1 Why you may want to tell the police

You should have no fear about contacting the police. The police cannot treat you any differently because of your sexual orientation or gender identity. Police forces today encourage reporting for LGBTQI+ hate. Not all forces, but some even have a LGBTQI+ Liaison Officer too so it's worth finding out this information.

Hate Crime is still widely unreported and by coming forward, you are possibly preventing another incident or crime from being committed.



6.2 Making contact

The police will want to take a brief statement. Make sure you tell them you think the incident was a Hate Crime and why you think this.

There may be special measures such as being able to speak to a Community Safety Officer if you prefer. You may also be entitled a private space, if you feel you need it. Once recorded, you should ask for a crime reference number in case you must make contact again.

In the case that the incident you have experienced is legally a Hate Crime, it is your decision if you want to take this to the police. Stop Hate UK can support you. Check if you're listed in an area we are commissioned in [here](#).



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7. Going to Court

7.1 After reporting it to the Police

If police believe there is enough evidence and information to take the case to court, then it will be reported to the Crown Prosecution Service. You are fully entitled to appeal the case and ask the Crown Prosecution Service to reconsider if they decide it is not in the public's interest, and not a chargeable offence.

If the case is strong and would find someone guilty, then you will be provided lawyers to argue your case

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7.2 If it goes to Court

Make sure you receive all the essential information on the day of trial such as which court, what date and time the trial will be as well as what is required of you in the hearing.

If you are concerned about personal privacy, you can ask for special measures to be put in place to restrict media and protect your identity. You can also explore options such as opting in via video link, or giving evidence from behind a screen. If you have a learning disability you can also ask for special requirements to be put in place, such as an interpreter for example.

Remember, going to court can be difficult, and you can bring along a member of your family or a friend with you on the day for support.



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8. Where to go for help

Stop Hate UK

Call the 24-hour LGBTQI+ helpline on 0808 801 0661

Email: talk@stophateuk.org

Text: 07717 989 025

Website: www.stophateuk.org

(to use the Live Chat Function and to find out about more ways to contact us)

True Vision

True Vision is an online form which you can use to report hate crime online to the Police.

Website: www.report-it.org.uk/your_police_force

Samaritans

Samaritans provide a 24/7 service and will support and listen to you, whatever you're going through.

Phone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

Equality and Human Rights Commission

If you have experienced discrimination or need information, advice and support on equality and human rights issues.

Website: <https://www.equalityhumanrights.com/en>

Email: correspondence@equalityhumanrights.com

Galop

Galop is a LGBT+ anti-violence charity, offering advice and support to people facing hate crime, domestic abuse or sexual violence.

Website: www.galop.org.uk

Phone: 020 7704 2040

Email: advice@galop.org.uk

Mermaids

Mermaids provides helpline/chat services aimed at supporting transgender youth up to the age of 19, their families and professionals working with them.

Phone: 0808 801 0400

Text: 85258

Email: info@mermaidsuk.org.uk



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