



Experiencing transphobic hate crime

Experiencing any form of hate crime can be particularly frightening as you've been targeted because of who you are, or who or what your attacker thinks you are – so it's very personal.

The effects of hate crime can last for a long time, especially if you've suffered repeatedly. Nobody should have to live in fear of hate crime or live with hate and harassment.

This workbook includes information on types of transphobic non-binary/intersex hate crime, how you might be feeling after experiencing hate crime, safety tips and other resources, and how to report hate crime if you feel comfortable and safe to do so.

What is transphobic hate crime?



“I wasn’t physically hurt so I didn’t think it was a hate crime”

Hate crime is the term used to describe an incident or crime against someone based on a part of their identity. Transphobic hate crime is crime directed at people because they are trans¹, or are thought to be trans.

You don’t have to be physically hurt to have experienced hate crime, it doesn’t even have to be a criminal act. Hate crime can be any criminal or non-criminal act (often referred to as ‘hate incidents’) and it can include verbal abuse, graffiti, vandalism to a property, exclusion from services or activities, name calling, dead-naming (refusing to stop using a person’s birth name), online abuse using social media as well as physical assault.

The police can only prosecute when the law is broken. However it’s important to recognise that if you have experienced non-criminal hate incidents, these can feel like crimes to you and can often escalate to crimes or tension in a community.

“You need a new kind of relationship with your emotions, one where you run them instead of them running you.”

Maria Arapakis, clinical and educational psychologist

**Two in five trans people say they have experienced a hate crime or incident because of their gender identity in the last 12 months²
(Stonewall survey, 2017)**

1. Trans is used throughout this workbook to refer to people who identify as transsexual, transgender, transvestite, intersex or non-binary.

2. <https://www.stonewall.org.uk/comeoutforLGBT/lgbt-in-britain/hate-crime>

What can I do?

“I want to get back control of my life”

There can be things you can do that may help to reduce the risk of it happening again, and may help you to feel that you’re getting your life back under control.

1. Diary sheet

If you are experiencing transphobic hate crime it can be useful to keep a diary sheet to record any incidents. Although diary sheets are not considered proof they can be helpful way or building a picture, whether you decide to later report it to the housing department or the police.



Date DD/MM/YY	What happened?	How did you react?	How did you feel?
-- / -- / --			
-- / -- / --			
-- / -- / --			
-- / -- / --			
-- / -- / --			
-- / -- / --			
-- / -- / --			

2. Improve your home security

If the incidents are taking place where you live, or if they are impacting on how secure you feel in your own home, you may find improving your home security helps.

This might include adding locks and bolts to door and windows, or installing security equipment such as CCTV, video intercoms or panic buttons. There are schemes available to help with the costs of this in some cases, ask us for details.

3. Consider your personal security

If you feel vulnerable when out and about you may find these personal security tips helpful:

- Stick to busy, well-lit areas and stay alert and aware of your surroundings.
- Keep close to a group of others if you feel unsafe and you feel comfortable doing so.
- Book a licensed cab in advance or hail a black cab from the street.
- Avoid conflict – if it looks like a situation is escalating try and remain calm and look for ways to get away.
- Think about carrying a personal safety alarm with you when you're out.

Always call 999 if you are in immediate danger.

4. A safe space at work

Employers must offer the same opportunities to every employee and treat everyone in the workplace fairly and with respect, regardless of whether they are transgender or not.

A lot of people put up with less favourable treatment or harassment, hoping that it will stop. But it usually won't stop until someone takes action:

- Begin by keeping a record of incidents.
- Talk to the person who is discriminating against you (if you feel safe to do so) or ask someone else to talk to them.
- Talk to your manager or a senior person you trust.
- If it still continues you can raise a grievance in line with your employer's grievance procedure – if you lose your job due to discrimination or feel you are forced to leave you can take your case to an employment tribunal (be aware there are time limits on doing this).

People are protected against harassment or discrimination in the workplace because of their gender reassignment under the Equality Act 2010.



5. Seek help and support

At any point you can contact Victim Support – even if you finish your support with us but then experience another transphobic incident and want some practical help or emotional support. Our Supportline is free to call and is open 24/7 so you can call us day or night on 08 08 16 89 111.

“When I first moved into my new area, I didn’t know many people and was quite lonely. Having that consistent contact with my [Victim Support] caseworker really helped me to not feel completely isolated. It gave me the boost to get out and about. I started to get to know people and make new friends. As my confidence built I wasn’t getting attacked so much. Getting involved in local community activities made me realise that most people are decent. There were still small incidents, but I felt much more resilient and in the end I was able to bring the support from Victim Support to a close.”

Jenny

There are a number of other organisations which have information and support that you might find useful:

Beyond Bullying

www.beyondbullying.com

EHRC

www.equalityhumanrights.com

Galop

www.galop.org.uk

Gires

www.gires.org.uk

Gov.uk

www.gov.uk/report-hate-crime

Mermaids

www.mermaidsuk.org.uk

Stonewall

www.stonewall.org.uk

Gendered Intelligence

www.genderedintelligence.co.uk

CPS

www.cps.gov.uk

True Vision

<http://report-it.org.uk>

TranzWiki

www.tranzwiki.net



Should I report it?

“I didn’t think they would believe me”

It is estimated that only 48% of hate crime is reported to the police and this is likely to be substantially lower for trans hate crime. There are many reasons for this. Sometimes people who have experienced transphobic hate crime feel that the incident is too trivial to report, feel that they would not be believed, have no evidence, think they might make the situation worse, or that the incident would not be taken seriously by the authorities.

It’s your decision whether you wish to report what you have experienced. There are many good reasons for reporting the incident, but it’s important that you feel comfortable and safe in doing so.

Reporting hate crime

- **Police:** If you feel able to you can report directly to the police by calling **101** (999 in an emergency) or by visiting your local police station.
- **True Vision:** You can report online at www.report-it.org.uk and tell the police what happened – but with the choice of remaining anonymous.

You don’t have to show evidence in order to report a hate incident. However, when the police investigate the incident they will have to find evidence to charge the offender with a hate crime so the case may not go to court.

20-29-year-olds are the age group most likely to report being victims of transgender hate crime.



Remember, if you feel you'd like any additional support or advice, our door is always open. Please do not hesitate to get in touch with us.

My local Victim Support contact:



We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using Next Generation Text (add **18001** before any of our phone numbers)
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**



victimsupport.org.uk

f VictimSupport **t** @VictimSupport

Registered office: Victim Support, 1 Bridge Street, Derby, DE1 3HZ
T: 020 7268 0200 Next Generation Text: 18001 020 7268 0200 Registered charity no. 298028
April 2019 | P2351 © 2019 Victim Support Images: ©Gettyimages.com