

# Disability Hate Crime



You're a

!#0% ^!\*

## What to do guide

For people with a learning disability

# What is Disability Hate Crime?



A **crime** is when someone breaks the law. This could be assault, when someone hits you. This could be stealing, when someone takes your things without your permission.



A **Disability Hate Crime** is when someone commits a crime against you because they do not like disabled people. A **Disability Hate Crime** includes things like **bullying** and **harassment**.



It might also happen because someone thinks you have a disability.



A **Disability Hate Crime** could happen when you are out and about, when you are home or even on the internet.



The person could be someone you don't know, or someone close to you.



If it is proved that a person has committed a **Disability Hate Crime** they could get a tougher punishment. This might mean they have to spend a longer time in prison.

# What is Bullying and Harassment?



Some disabled people are **bullied** or **harassed**.



**Bullying** and **harassment** is when someone threatens you or upsets you because you have a disability. This could be someone calling you names or making you feel unsafe. These are both **Disability Hate Crimes**.



The person could be someone you do know or someone you don't know.

## What can you do?



**Tell the police** if you think someone is committing a **Disability Hate Crime** against you.



**Tell the police** if you think someone is **bullying** or **harassing** you.



**Tell the police** if you see a **Disability Hate Crime** happen to someone else.



Sometimes people will feel scared about calling the police. There are other things you can do if you feel scared about this.



This booklet has information about what else you can do if you're worried about **Disability Hate Crime**, **bullying** or **harassment** happening to you or someone else.

# Types of Disability Hate Crime

Physical harm, like hitting and kicking



Being called names and bad language



Having your things stolen



Being hurt or touched in a sexual way that upsets you



When someone threatens you



When someone damages or throws things at your property



People saying hurtful things online, like on Facebook



Someone sending you a nasty text



Someone spitting at you



# How do you report a Disability Hate Crime?



Who do I tell?



Tell the police if any of the things on page 3 happen to you.



Call 999 straight away if you are in danger, for example someone is physically hurting you.



You don't have to put up with it. It's a crime. Tell the Police. They **will** take you seriously.



Police Station

Your local **Police Station**. You can telephone the police in your area and report a **Disability Hate Crime**.



My house

You can ask them to visit you to make a report about what has happened to you.



The police will ask you questions about what happened to you. They will take you into a private room to do this.



They will take notes and will record the things that you say. This is to help them make sure they have the right information that they need.



People with learning disabilities can have someone to help them talk to the police. They are called an **Appropriate Adult**.

# How do you report a Disability Hate Crime?



An **Appropriate Adult** is someone who makes sure you understand everything that happens. They can help to explain any questions the police ask you. They can also help you to give the police the information they need.



The Police must arrange for you to have an **Appropriate Adult** if they think you need one. It might help if you tell the police that you have a learning disability as this will make sure they get an **Appropriate Adult** for you.



An **Appropriate Adult** is not the same as a member of our family, a support worker or a friend.



If you don't want to go alone, you can take someone you trust with you for support. They might not be able to come into the interview room with you.



You can also report a **Disability Hate Crime** to a **Third Party Reporting Centre**. Third Party Reporting Centres are usually run by local organisations who work with disabled people. They will give you help and support to report what has happened to you.



Your local council can give you the contact details of **Third Party Reporting Centres** in your area.

# Who else can help?

If you don't feel able to go to the police or a third party,  
tell someone you trust ~ like a friend...



# How to keep safe

Go out with friends or people you know



Let people know what your plans are



Stay in well-lit places at night



Book your taxi from a company you trust



Tell the driver if you feel unsafe on the bus



Look confident ~ even when you don't feel like it



Carry a personal alarm



Shout for help if something happens to you



Get away and go somewhere safe as soon as you can





# How to keep safe

Get help straight away  
~ tell someone what  
has happened



Write down what  
happened if you can,  
or get someone to  
help with this



Check who is at your  
door before you  
open it



Don't let strangers  
into your home. Ask  
them to come back  
when you have  
someone with you



Keep your front and  
back doors locked



Keep your valuables  
out of sight and in a  
safe place



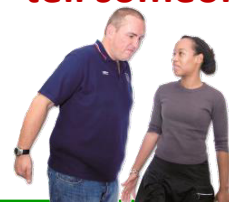
If someone you know  
is hurting you, tell the  
police or someone  
else you trust.



The person hurting  
you could be a  
friend, a support  
worker, a relative or  
family member.



If they tell you not to  
tell anyone, or tell  
you that you will get  
into trouble if you do,  
**don't listen to them**  
~ tell someone!



# If something happens to you



**Tell someone.**

**Don't be scared to report it.  
Challenging these people helps  
to stop them from hurting you  
and others!**



If you are a victim you can get help, support and advice



You will help to make things better for everyone who is a victim of **Disability Hate Crime**



Together we can all raise awareness and change people's attitudes towards disabled people



Your information could also lead to a person going to court and being sent to prison for what they have done



# Organisations that can help...



# 101

**Police non-emergency  
number available**

**24 hours a day  
7 days a week**

**Call 999 in an emergency**



**Victim Support Scotland** provides emotional support, practical help and important information to victims, witnesses and others affected by crime. Scottish Helpline: **0845 6039 213** (Monday to Friday: 8am-8pm).



**Capability Scotland** Advice Service acts as a separate reporting centre for victims of hate crime. Victims, witnesses, carers or others can speak privately to a member of staff and they will pass your information onto the police if you wish. You can call them on **0131 313 5510**.



**Crime Stoppers** You can call Crime Stoppers on **0800 555 111** and report a crime without giving your name.



You could also go to your local **Citizen's Advice Bureau**. To find your local office, contact **Citizens Advice Direct** on **0808 800 9060**.

# Together we can stop it...



Thanks to Police Scotland for additional images