WHAT TO DO IF YOU ARE A SENIOR CITIZEN, SPEAK NO ENGLISH & EXPERIENCE RACISM.

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DEVELOPED BY ACCT Foundation

BODY LANGUAGE - If you feel safe, you can use your body language. Put up your hand to signal stop.

MAKE NOISE - If you cannot get away, call for help or make loud noises to call attention to yourself.

STAY SAFE/ WALK AWAY - Keep yourself safe. Trust your intuition and use your best judgement. Move away and get to somewhere safe or where there are more people who can be witnesses.

APPROACH/ CARRY INFO - Approach another person for help. This could be a bus driver, store employee, or other people close by, who may be witnesses. Carry with you, at all times, a contact card with you of someone you trust (e.g. family member or friend) that can help interpret or be contacted during an emergency.

RECORD - Make a note of what happened and what the aggressor looked like and other details, such as, location, date, time, license plate.

TALK - Speak to a family member or friend about the incident and if necessary, ask for help to report the incident. Call a community support organization or local seniors' organization for additional support and assistance. If a hate crime has occurred, for example, you have been physically assaulted, coughed at or spat upon, or threatened you can contact the police.

REPORT - Report any racist incident or hate crime by text message at 1-587-507-3838 or online at act2endracism.ca. Research has shown that the act of reporting reduces trauma to those who experience hate motivated acts.

ACT 2 END RACISM

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