

ABOUT HSDC

Heritage Skills Development Centre (HSDC) is a grassroots non-profit organization established in 1993 with a mission to promote arts, the health, social, cultural and economic self-sufficiency of newcomer immigrants, refugees, low-income, at-risk and other marginalized group through integrative and empowering programs and services.



Some of the main HSDC programs & services include:

- ✧ Capacity Building and Training Programs
- ✧ Social Programs
- ✧ Referral and Information Services
- ✧ Supportive Counselling and Mentorship
- ✧ Arts & Culture Events

Contact us

2387 Eglinton Ave E, Unit #3
Scarborough, ON M1K 2M5
Tel: (416) 345-1613

400 McCowan Rd
Scarborough, ON M1J 1J5
Tel: (416) 264-0660

E-mail: info@hsdconline.org
Website: www.hsdconline.org

Find us on Facebook and Instagram at [@hsdcscarborough](https://www.facebook.com/hsdcscarborough)

ABOUT SCAHC

The **Scarborough Community against Hate Crime (SCAHC)** project aims to prevent and address hate and hate crime incidents in the Scarborough community through a community-based approach. The target members of the project are marginalized communities, specifically Black and Asian groups who have increasingly become victims of reported and unreported hate incidents in the Scarborough area. Our approach is creating awareness of the impact of hate crimes and providing supportive services to help create a safe and inclusive environment for the community. The project is funded by the Government of Ontario.



Heritage Skills Development Centre (HSDC) presents...



HATE CRIME SAFETY BOOKLET

A COMMUNITY RESPONSE

UNDERSTANDING HATE CRIME

What is a hate crime?

A hate crime is a **criminal act that is motivated by hate of a group** distinguished by race, nationality, ethnic origin, religion, sex, age, mental or physical disability, sexual orientation, or gender identity/expression.

Examples of hate crime: vandalism, threats, physical assault, theft, destruction of property, or arson can all be charged as a hate-motivated crime if hate towards one of the above groups is determined to be the motivation.

What is a hate incident?

An incident that is motivated by hate of a specific group, but **not a criminal act in itself**. A hate incident can be a precursor to hate crime if it increasingly escalates in violence.

Examples of hate incidents: name-calling, racial slurs, racist or offensive emails. While they're motivated by racism or hate, these incidences are not considered criminal offences.

“Hate crimes contribute to disunity in society, compromise democratic values, and maintain inequality. They send an explicit message that entire groups of citizens are unworthy of respect, lack redeeming characteristics and are worthy of contempt. In extreme cases they promote the corrosive concept that ‘to be different is to be dangerous.’”
(Canadian Race Relations Foundation, 2020)

SELF-CARE RESOURCES During and After COVID-19

Coronavirus: Ten reasons why you ought not to panic
theconversation.com/coronavirus-ten-reasons-why-you-ought-not-to-panic-132941

Hope and Healing After Suicide (CAMH)
camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf

Nine Simple Interventions for Depression During COVID-19... And for All Challenging Times
psychotherapynetworker.org/post/nine-simple-interventions-depression

Pandemic Pushing Your Anxiety Buttons?
cmha.bc.ca/news/managing-anxiety-covid-19/

Self-Care - Active Minds
activeminds.org/about-mental-health/self-care/

Insight Timer - Free Meditation App
insighttimer.com

DoYogaWithMe - Free Online Yoga
doyogawithme.com

ATTRIBUTIONS

- ✧ Toronto Police Service Annual Hate Crime Statistical Report - 2020 and 2021 editions
- ✧ Statistics Canada: Police-reported hate crime - 2020 and 2021 editions
- ✧ Hate/Bias Crime: A Review of Policies, Practices, & Challenges by The Ontario Association of Chiefs of Police, published in October 2020
- ✧ Icons on page 8 by Gan Khoon Lay, Muhammad Haq, manshagraphics, FB Stock, icon king1, and Aficons on freeicons.io

COMMUNITY RESOURCES

Black Community Support

Afri-Can Food Basket

4929 Jane St, North York, ON M3N 2K8
Open daily from 9:30am–5:00pm
Tel: (647) 896–0641
E-mail: info@africanfoodbasket.ca
Website: blackfoodtoronto.com

Heritage Skills Development Centre (HSDC)

2387 Eglinton Ave E, Unit #2,
Scarborough, ON M1K 2M5
Tel: (416) 345–1613
E-mail: info@hsdconline.org

Black Youth Helpline

National Helpline for Canadian Youth
1111 Finch Ave W, Suite #411,
Toronto, ON M3J 2E5
Tel: (416) 285–9944
Toll-Free: +1 (833) 294–8650
E-mail: info@blackyouth.ca
Hours of Service: 9:00 am–10:00pm

Caribbean African Canadian Social Services (CAFCAN)

995 Arrow Rd, North York, ON
M9M 2Z5
Tel: (416) 740–1056
Fax: (416) 746–7035
E-mail: info@cafcan.org

Midaynta Community & Youth Services

Location 1: 2150 Islington Ave, Suite #207, Toronto, ON M9P 3V4
Location 2: 1652 Keele St, Suite #104, Toronto, ON M6M 3W3
Tel: (416) 544–1992
E-mail: info@midaynta.com

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

1000 Queen St W, Toronto, ON M6J 1H4
Tel: (416) 535–8501, press 2

Taibu Community Health Centre

27 Tapscott Rd, Unit #1, Toronto, ON M1B 4Y7
Clinic: (416) 644–3536
Administration: (416) 644–3589

Black Lives Matter Toronto

76 Geary Ave, Toronto, ON M6H 2B5
General: info@blacklivesmatter.ca
Media: media@blacklivesmatter.ca
Speakers: speakers@blacklivesmatter.ca
BLM T.O – Freedom School: freedomschool.ca/impact/

Parents of Black Children

5000 Yonge St, Suite #1901, Toronto, ON M2N 7E9
Toll-Free: +1 (833) 762–2226
E-mail: info@parentsofblackchildren.org
Website: parentsofblackchildren.org

Frontlines

1800 Weston Rd, York, ON M9N 1V8
Tel: (416) 244–7017
E-mail: info@frontlines.to

Black Coalition for AIDS Prevention

20 Victoria St, 4th Floor, Toronto, ON M5C 2N8
Tel: (416) 977–9955
E-mail: info@black-cap.com
Website: blackcap.ca

THE IMPACT OF HATE CRIME

On Victims

- ✧ Increased fear of repeated attacks, **possible PTSD** (Post-Traumatic Stress Disorder)
- ✧ Other mental and/or physical **health issues**
- ✧ Shock, disbelief, identity crisis, low self-esteem
- ✧ **Anger, fear and distrust** towards offending group

On the Community

- ✧ Insecurity, fear and unrest
- ✧ Families feel **frustrated and powerless**
- ✧ Potential for **retaliation**
- ✧ Normalization leads to **underreporting**
- ✧ Creation of “**us versus them**” attitude
- ✧ **Loss of trust** in police and the system

WHY DON'T ALL VICTIMS REPORT?

Victims are often reluctant to report for various reasons:

- ✧ They're **afraid things will get worse**, or the offender will **get back at them**
- ✧ They don't want to be public about it, or to “**out**” themselves
- ✧ They're **afraid of police** and what they might do
- ✧ They don't have a lot of **personal support**, or know **where to get services**
- ✧ Their **culture or level of English** makes them insecure
- ✧ They're afraid going public might **jeopardize their immigration status**

STATISTICS ON HATE CRIME

Police-reported hate crime in Toronto increased by

51%

during the pandemic,
growing from **139** incidents in 2019
to **210** incidents in 2020.

In 2021, the number of reported hate
crime incidents rose by a further

22%

with **257** incidents, the **highest number on record**
since the Toronto Police Service began collecting
hate crime data in 1993.

Across Canada in 2020, hate crime towards:

Southeast and East Asian people rose by

301%

Indigenous people rose by

152%

Black people rose by

92%

Total hate crimes continued to grow by **27%** in 2021,
from **2,646** in 2020 to **3,360** in 2021.

Regent Park Community Health Centre

465 Dundas St E, Toronto, ON M5A 2B2

Tel: (416) 364-2261

E-mail: info@regentparkchc.org

Sherbourne Health

333 Sherbourne St. Toronto, ON M5A 2S5

Tel: (416) 324-4100

E-mail: info@sherbourne.on.ca

Toronto Seniors Helpline

Tel: (416) 217-2077

Toll-Free: +1 (877) 621-2077

Hours of Service: Mon to Fri 9:00am-8:00pm

Good2Talk

Support services for post-secondary students in Ontario

Toll-Free: +1 (866) 925-5454

Text: GOOD2TALKON to 686868

mindyourmind

E-mail: info@mindyourmind.ca

Website: mindyourmind.ca

South Asian Mental Health

E-mail: info@sochmentalhealth.com

Website: sochmentalhealth.com

HOPE FOR WELLNESS

24 hours a day, 7 days a week

Toll-Free: +1 (855) 242-3310

Website: hopeforwellness.ca

ConnexOntario

Mental health, addiction, and problem gambling support services

Toll-Free: +1 (866) 531-2600

Website: connexontario.ca

Stella's Place

Free mental health services for young adults ages 16 to 29

54 Wolseley St, Toronto, ON M5T 1A5

Tel: (416) 461-2345

Website: stellasplace.ca

COMMUNITY RESOURCES

Mental Health

Centre for Addiction and Mental Health (CAMH) – GTA

Tel: (416) 535-8501, press 2

Canadian Mental Health Association, Toronto Branch

700 Lawrence Ave W, Suite #480, Toronto, ON M6A 3B4

1200 Markham Rd, Suite #500, Scarborough, ON M1H 3C3

Tel: (416) 789-7957

E-mail: info@cmhato.org

Help Ahead

Mental health support for children 0-18 years and their family

Toll-Free: +1 (866) 585-6486

Reconnect Community Health Services

1281 St. Clair Ave W, Toronto, ON M6E 1B8

Tel: (416) 248-2050

E-mail: contact@reconnect.on.ca

Distress Centres of Greater Toronto

Tel: (416) 408-4357 (24/7/365 support)

Website: dcogt.com

Kids Help Phone

Toll-Free: +1 (800) 668-6868

Text: CONNECT to 686868

Website: kidshelpphone.ca

The Warm Line

3:00-7:00pm (Ontario), 7 days a week

Toll-Free: +1 (888) 768-2488

Mount Sinai Hospital

ACTT Team

600 University Ave, Toronto, ON M5G 1X5

Tel: (416) 586-9900

Scarborough Centre for Healthy Communities

629 Markham Rd, Unit #2, Scarborough, ON M1H 2A4

Tel: (416) 642-9445

E-mail: info@schcontario.ca

HATE CRIME VICTIM SUMMARY

In Toronto, the reported number of:

Anti-Black hate crimes

grew from **13** in 2019 to **43** in 2020

Anti-Asian/anti-Chinese hate crimes

grew from **3** in 2019 to **15** in 2020

Hate crimes committed online

grew from **8** in 2019 to **21** in 2020

In Toronto in 2020, hate crime towards:

Jewish people rose by **85%**

East Asians rose by **84%**

Black people rose by **62%**

LGBTQ+ individuals rose by **64%**

Muslims rose by **60%**

Women rose by **60%**

Those 55 years old and up by **57%**

Southeast Asians rose by **6%**

WHY ARE HATE CRIMES COMMITTED?

- ✧ For the **thrill and excitement** of committing a crime/doing 'unacceptable' things
- ✧ Wanting to **protect territory from 'outsiders'**
- ✧ Acting in **retaliation for a perceived attack** against their own group
- ✧ They have a **mission in life to eradicate 'difference'** (those they do not tolerate)
- ✧ Belief of **needing societal, religious, and/or cultural permission** (e.g. hatred/disgust towards LGBTQ+)
- ✧ In the case of **cyber hate** (a growing phenomenon which, reporting figures suggest, now vastly outnumbers offline hate crime), there is the advantage of **perceived distance and anonymity** between them and their victim.



The Canadian Race Relations Foundation

6 Garamond Ct, Suite #225, Toronto, ON M3C 1Z5
Tel: (416) 441-1900
Fax: (416) 441-2752
E-mail: info@crrf-fcrr.ca

The 519 Community Centre

519 Church St, Toronto, ON M4Y 2C9
Tel: (416) 392-6874
E-mail: info@the519.org

Lumenus Community Services

1126 Finch Ave W, Unit #16, Toronto, ON M3J 3J6
Tel: (416) 222-1153
E-mail: info@lumenus.ca

The Chinese and Southeast Asian Legal Clinic (CSALC)

23 Edward St, Suite #505, Toronto, ON M5G 1E2
Tel: (416) 971-9674
Fax: (416) 971-6780
E-mail: csalegalclinic@gmail.com

The Urban Alliance on Race Relations

2425 Eglinton Ave E, Suite #214, Scarborough, ON M1K 5G8
Tel: (416) 703-6607
E-mail: info@urbanalliance.ca

Gerstein Crisis Centre

100 Charles St E, Toronto, ON M4Y 1V3
Tel: (416) 929-0149
Crisis Call: (416) 929-5200
E-mail: admin@gersteincentre.org

LOFT Community Services

15 Toronto St, 9th floor, Toronto, ON M5C 2E3
Tel: (416) 979-1994
Fax: (416) 979-3028
E-mail: info@loftcs.org

Family Service Toronto

355 Church St, Toronto, ON M5B 0B2
Tel: (416) 595-9618
Website: familyservicetoronto.org

COMMUNITY RESOURCES

Victims of Crime

Across Boundaries

51 Clarkson Ave, Toronto, ON M6E 2T5
Tel: (416) 787-3007
Fax: (416) 787-4421
E-mail: info@acrossboundaries.ca

Black Legal Action Centre (BLAC)

720 Spadina Ave, Suite #221, Toronto, ON M5S 2T9
Tel & Fax: (416) 925-3564
Toll-Free: +1 (844) 302-2694
Website: blacklegalactioncentre.ca

Christian Counselling Services

2 Carlton St, Toronto, ON M5B 1J3
Tel: (416) 489-3350
E-mail: admin@christiancounsellingservices.com

Canadian Centre for Victims of Torture

2401 Eglinton Ave E, Unit #310, Scarborough, ON M1K 2N8
Tel: (416) 750-3045
Toll-Free: +1 (877) 292-2288
E-mail: mabai@ccvt.org

Community Health and Counselling

5-3340 Lawrence Ave E, Scarborough, ON M1H 1A7
Tel: (416) 901-8073 or (416) 901-8074
E-mail: info@healthandcounselling.com

Women's Health In Women's Hands

2 Carlton Street, Suite #500, Toronto, ON M5B 1J3
General Inquiries: (416) 593-7655
General Fax: (416) 593-5867
E-mail: info@whiwh.com
Clinical Services: (416) 593-7655, Ext. 7

Victim Services Toronto

40 College St, Toronto, ON M5G 2J3
Tel: (416) 808-7066
E-mail: info@victimservicestoronto.com
Website: victimservicestoronto.com

LAWS AROUND HATE CRIME

From the Criminal Code of Canada:

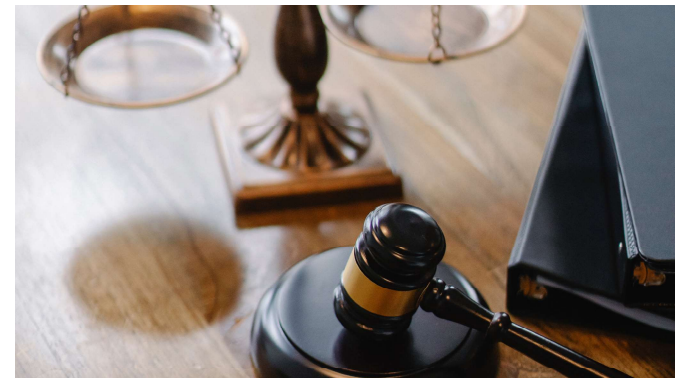
318(1) Advocating Genocide (intent to destroy in whole part of an identifiable group)

319(1) Public Incitement of Hatred (public communication that would likely lead to breach of the peace)

319(2) Willful Promotion of Hatred (public communication that promotes hate - can include writings, symbols, spoken words)

430(4.1) Mischief to Religious Property (damage to a property primarily used for religious worship)

718.2(a)(i) A sentence can be increased if there is evidence of motivation by bias, prejudice or hate based on race, national or ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation, or gender identity or expression, or any other similar factor.



IF YOU ARE A VICTIM OF HATE CRIME

- ✧ If you are a victim of physical assault, and/or you face imminent harm, **call the police right away.**
- ✧ If you are the target of racist insults, jokes, or other verbal taunts, **note down the physical description and vehicle license plate**, and **take a video/photo of the aggressor** whenever possible. Avoid reacting verbally or physically.
- ✧ Note down **all the details you can remember** including the date, time, and place of the offence; a description of the incident; and where possible, the names and phone numbers of individuals who can act as witness.
- ✧ If you have any physical and/or psychological injury, **consult a doctor.**
- ✧ If your property is the target of hate vandalism, **take photos/videos of the damages.**
- ✧ If you can, **approach someone external for help** (e.g. teacher, store manager, colleague, friend, community support worker or other third party).



On an Interpersonal Level - *Spread the goodness*

- ✧ **Tap into your resources.** Get support from allies, experts, and anyone else willing to help.
- ✧ **Engage in conversations.** Talk with others about race, gender identity, religion, etc. Educate others about the negative impact of hate. Share stories of acceptance, respect and unity.
- ✧ **Support your community.** Volunteer for organizations that support historically oppressed groups in your community. Show those who are targeted by hate that you stand with them in solidarity.
- ✧ **Enhance the connections in your community** with diverse advocacy groups and organizations in order to show your support.

On an Institutional & Structural Level

- ✧ **Work with community leaders** including advocates, councillors and MPs, and other organizations that work to combat hate crime and prejudice.
- ✧ **Work with the media.** Demand nuanced and thoughtful news coverage. Invite journalists to share stories that communicate the impact of hate at individual and community levels.
- ✧ **Find alternate ways to speak up.** Show your opposition through diverse and positive means. Consider ways to allow your voice to be heard without giving controversial speakers the attention they seek.

COPING WITH HATRED

If you are or know someone who has been a victim of a bias incident or hate crime, consider reporting it and seeking support.



On a Personal Level - It begins with you!

- ✧ **Reflect on who you are.** Explore your intersecting identities and privileges.
- ✧ **Educate yourself** about social injustices and language that further marginalizes underprivileged communities.
- ✧ **See the impact.** Recognize when a bias incident or hate crime happens, and understand how it hurts everyone, leaving the community unsafe and on-guard.
- ✧ **Allow your emotions to be.** It's normal to have a wide range of emotions and reactions including anger and frustration. Find a healthy outlet to express your emotions.
- ✧ **Engage in intentional self-care.** Eat healthy, follow a consistent sleep schedule, stick to non-alcoholic beverages, especially water, and practice being physically active.
- ✧ **Set boundaries.** Stay away from people and places that make you uncomfortable.
- ✧ **Listen to your instincts.** Remember that cultural mistrust – lack of trust in the mainstream culture due to experienced and historical oppression – has been a survival strategy for marginalized groups.

5 WAYS TO HELP IF YOU WITNESS HATE

- 1 TAKE ACTION**
Approached the targeted person, introduce yourself, and offer support.
- 2 ACTIVELY LISTEN**
Ask before taking any actions and respect the targeted person's wishes. Monitor the situation if needed.
- 3 IGNORE ATTACKER**
Using your discretion, attempt to calm the situation by using your voice, body language, or distractions.
- 4 ACCOMPANY**
If the situation escalates, invite the targeted person to join you in leaving.
- 5 OFFER SUPPORT**
Help the targeted person by asking how they are feeling. Assist them in figuring out what they want to do next.



WHAT CAN I DO INSTEAD OF CALLING THE POLICE?

Instead of calling the police or approaching someone, consider the following tips.

Take a Second

- ✧ **Check in with yourself:** Is your anxiety or fear inhibiting your ability to understand and navigate the situation?
- ✧ **Consider:** Is this the best time to try to talk to this person? Are they emotionally charged or experiencing mental health challenges?
- ✧ Consider **removing yourself from the situation**, if you want.
- ✧ Remember that **there is no obligation to call the police.** Caring for your community & people's health is important but calling the police will have the opposite effect.

Seek Consent

- If you decide to engage, **do so respectfully:**
- ✧ "Can I ask you a question?"
 - ✧ "Can I ask what brings you out today?"
 - ✧ "Can I share with you some things I have been using to stay safe?"

Be Compassionate and Helpful

Build your understanding of what is happening for them:

- ✧ "Do you understand what is going on?"
- ✧ "What do you need?"
- ✧ "Do you need help managing your needs during this challenging time?"
- ✧ "Is there anyone I can contact who can support you right now?"

WHERE TO REPORT HATE CRIME

You are encouraged to report hate crimes and incidents as reporting may help to reduce the frequency of such crimes.

If it's an emergency, call 911.

43 Division (Scarborough)

4331 Lawrence Ave E, Scarborough, ON M1E 2T4

Tel: (416) 808-4300

E-mail: 43division@torontopolice.on.ca

tps.ca/my-neighbourhood/43-division/43-division-contacts/

Canadian Human Rights Commission
chrc-ccdp.gc.ca

Ontario Human Rights Commission
ohrc.on.ca

Canadian Human Rights Tribunal
chrt-tcdp.gc.ca

Ontario Human Rights Tribunal
sjto.gov.on.ca/hrto

COVID-19 Racism in Canada Incident Reporting
covidracism.ca/report

Elimin8Hate - Report an Incident
elimin8hate.org/fileareport

Canadian Anti-Racism Network
stopracism.ca/reportfrm.php

Please report any incidents using these links!



Community Response Unit Manager:.....(416) 808-4254
Community Relations Officer:.....(416) 808-4251
Crime Prevention Officer:.....(416) 808-4220
Police (non-emergency):.....(416) 808-2222
The Toronto Police Hate Crime Unit:.....(416) 808-3500
Victim Services Toronto (24/7 Crisis Intervention):.....(416) 808-7066
Crime Stoppers (toll-free):.....+1 (800) 222-TIPS (8477)
Crime Stoppers (Toronto):.....(416) 222-TIPS (8477)

LAYING CHARGES FOR HATE OR BIAS-MOTIVATED CRIME

In order for police to lay a hate-motivated or bias motivated criminal charge, there are **two things that must first occur:**

1. A **criminal offence** must have occurred (e.g. an assault, damage to property, uttering threats etc.)
2. Hate or bias toward a victim must have **motivated** the criminal offence (e.g. because of the victim's race, nationality, ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation, etc.)