



HAMILTON CENTRE  
FOR CIVIC INCLUSION  
hcci.ca

# *Hate Crimes*

## *Community Resource Document*



ADVANTAGE  
DIVERSITY



Project Funded By  
Department of Justice  
Canada

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Canada



HAMILTON CENTRE  
FOR CIVIC INCLUSION  
hcci.ca

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- Hamilton Police Services - Hate Crimes Unit
- Hamilton Police Services - Victim Services Branch
- Crime Stoppers
- Ontario Victim Witness Assistance Program
- Office of the Independent Police Review Director - OIPRD
- Special Investigations Unit - SIU
- Suicide Prevention - Community Council of Hamilton
- Hamilton Wentworth District School Board
- McMaster University
- The WELL
- The Diverse Communities in Hamilton

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## PROJECT HISTORY

This Victim Advocacy Network Program was designed to:

- develop and establish sustainable community-based resources and expertise;
- increase community awareness about hate crimes, their prevention & reporting;
- provide support for the victims of hate crimes in the City of Hamilton;
- build bridges between the Hamilton Police Service and the communities that are victims of hate crimes;
- develop capacity of victimized community members to speak out about the impact of hate crimes on them.

The Victim Advocacy Network Training Curriculum included the following modules:

1. Building Frameworks and Understanding
2. Impacts and Investigations
3. Current Dimensions of Hate Crimes
4. Preventing and Responding - Strengthening Communities

This training manual provides resources and information to persons who have completed the Victim Advocacy Training Program and on-line at [www.hcci.ca](http://www.hcci.ca) to community and community groups.



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# HATE/BIAS MOTIVATED CRIMES

## What is a Hate/Bias Motivated Crime?

This includes any criminal offence where there is information to illustrate that the offence was motivated solely, or in part, because of a bias or prejudice, based on the victim's race, national or ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation, or any other similar factor. (Includes all Hate Propaganda offences.)



### Examples of Crimes which may be designated as Hate Crimes:

- Assault, Murder
- Hate propaganda
- Mischief/Graffiti (e.g. swastikas)
- Verbal slurs accompanied by a threat
- Obscene or threatening phone calls
- Sexual assault
- Intimidation and harassment
- Bomb threats
- Damage to religious property
- Damage to personal property



# HATE PROPAGANDA

## What is Hate Propaganda?

Hate Propaganda can include any written, verbal or electronic material that advocates or promotes genocide against any identifiable group or makes statements that are likely to promote hate against any identifiable group because of colour, race, religion, ethnic origin or sexual orientation.

Hate propaganda is often expressed through the use of hate symbols or graffiti.

### Examples of Hate Propaganda may include:

- The publication or display before the public of any notice, sign, symbol, emblem or other similar representation that indicates the intention of the person to infringe a right or to incite the infringement of a right under Section 13 (1) of the Ontario Human Rights Code.
- Flyers/ literature/ hate mail with messages promoting hatred against identifiable groups
- Recorded telephone hate lines
- Hate messages on websites
- Music and videos inciting hatred against an identifiable group



# H A T E I N C I D E N T

## What is a Hate/Bias Motivated Incident?

This category includes any incident that involves hate or bias towards any member of the public because of their race, national or ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation, or any other similar factor. These incidents cannot be proven to have been motivated solely or in part because of the person's bias / prejudice towards the victim, but include some type of racial overtone. i.e. the use of racial epithets / odious remark.

### Examples of Hate/Bias Motivated Incidents

- Non-criminal harassment
- Name calling
- Excessive staring (anger/bitterness apparent in the gaze)
- Hinting at, yet, not clearly verbalizing a threat

In any of these circumstances, call Hamilton Police Services to have the incident investigated thoroughly and recorded in case of future escalation.

**In Emergency call: 911**

**Non Emergency: 905-546 5678**

If you wish to remain anonymous when reporting a hate/bias incident and make your report for statistical purposes only, contact:

Hamilton Police Services: **905-546 5678**

The Well: [www.thewellhamilton.ca](http://www.thewellhamilton.ca)

## What is the difference between a Hate/Bias Motivated Incident and a Hate/Bias Motivated Crime?

An "Incident" includes incidents that occurred at a place of worship, a private dwelling house or business belonging to a member of an identifiable group. The motivation is ambiguous and there is no information/evidence to suggest that the incident occurred due to a hate or bias. The event is captured for the purposes of data/tracking in the case of a reoccurrence.

Hate/bias incidents involve behaviours that, though motivated by bias against a victim's race, religion, ethnic/national origin, gender, age, disability or sexual orientation, are *not* criminal acts.

Hostile speech or other disrespectful/discriminatory behaviour may be motivated by bias but are not necessarily criminal in nature. They become crimes only when they breach a federal statute by directly inciting others to commit violence against identifiable groups, or if they place a potential victim/group in fear of their safety.

In a hate crime, the perpetrator or suspect of the crime is motivated by hatred/prejudice/bias.

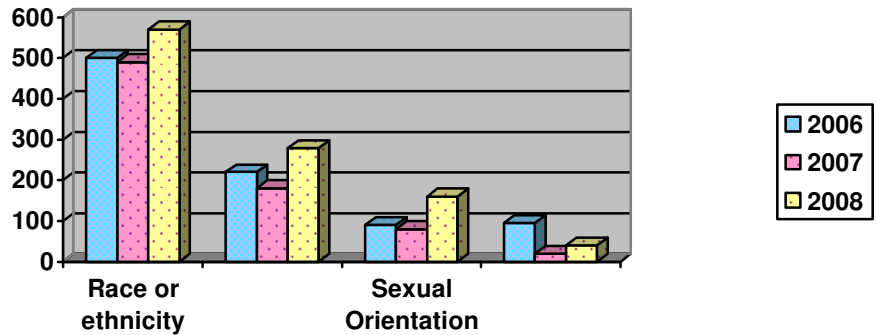
In a crime that is **NOT** a hate crime, the perpetrator or suspect of the crime is **NOT** motivated by hatred, prejudice or bias.





## Hate Crime Statistics

Hate Crimes Canada-wide reported by police and organized by the type of hate motivation:



In 2008, there was a 35% increase in Hate Crimes reported by police across Canada, from 765 in 2007 to 1036 in 2008.

- 54.3% - motivated by race or ethnicity
- 25.5% - motivated by religion
- 15.3% - motivated by sexual orientation
- 4.7% - other motivations, or motivation unknown.

Stats Canada: *Police-reported hate crime in Canada, 2008 Summer 2010, Vol. 30, no 2.*

Of the 563 reported hate crimes that were based on Race or Ethnicity in 2008, black people were the most likely targeted group.

- Blacks: 37.3%
- South Asian: 11.7%
- East and Southeast Asian: 8%
- Arab or West Asian: 6.7%
- Caucasian: 4%
- Aboriginal: 3.6% (note: this may be underreported)
- Multi races or ethnicities: 20.9%
- Other: 7.7%

Of the 265 hate crimes that were based on religion in 2008, almost two-thirds were targeted against Jews.

- Jews: 64.2%
- Catholic: 11.7%
- Muslims (Islam): 10.1%
- Other: 14%

Of the 159 hate crimes based on Sexual Orientation in 2008, more than nine-in-ten were targeted against Gays and Lesbians.

- Gay and Lesbian: 96.2%
- Other Sexual Orientation: 3.8%

Of the 49 other or unknown motivations in 2008, the hate crimes were targeted in the following groups.

- Sex: 18.2%
- Language 12.1%
- Mental or Physical Disability: 9.1%
- Other motivations not stated above: 60.6%

### Hamilton Hate/Bias Statistics 2010

There was a 41% increase in hate/bias related events in Hamilton, up from 88 reported incidents in 2009 to 124 reported incidents in 2010.

The top three types of hate/bias related events in Hamilton, is similar to the top three across Canada. The % of race or ethnicity related events was higher in Hamilton, while the % of religion motivated events was lower.

- 63.71% - motivated by race or ethnicity
- 17.74% - motivated by religion
- 16.13% - motivated by sexual orientation

# HUMAN RIGHTS

## Human Rights

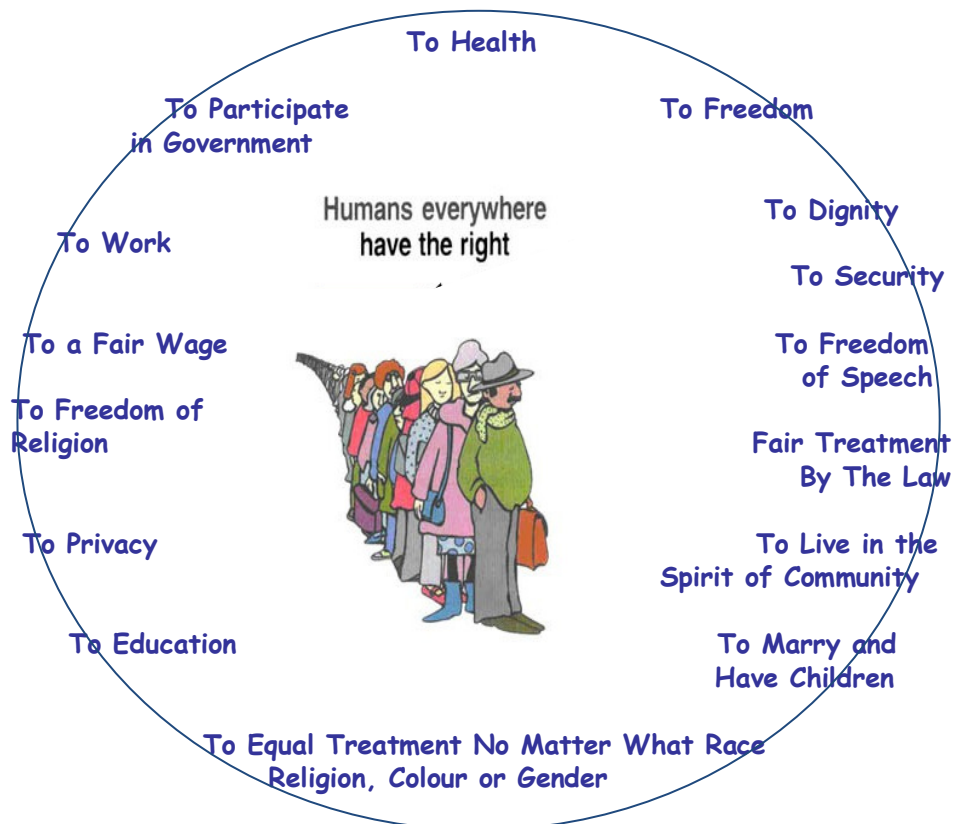
### Intent:

The Ontario Human Rights Code states that all people:

- have human rights that cannot be infringed upon or dismissed;
- have individual dignity and worth;
- are entitled to equal rights and opportunities without discrimination; and,
- need a climate of understanding and mutual respect, so that everyone feels a part of society and can contribute fully to it.

### Protected social areas:

- Employment
- Housing Accommodation
- Contracts
- Services, goods, and facilities
- Membership in unions, trade, and vocational associations



## Harassment

Under the Ontario Human Rights Code, each of us has a right to work, live, and study in a harassment-free environment.

### Harassment is defined as:

“Engaging in a course of vexatious comment or conduct that is known or ought reasonably to be known to be unwelcome”.  
(OHRC)

Harassment can be verbal, physical, sexual, electronic, or psychological in nature.

Harassment that is based on one or more of the human rights grounds is a form of discrimination.

## Discrimination

Discrimination is:

Differential treatment of an individual or group of individuals based in whole or in part on one or more than one of the prohibited grounds of discrimination and which has an adverse impact (imposes unequal burdens/denies benefits) on the individual or group of individuals.

## Occupational Health & Safety Act

Amendments to the Occupational Health and Safety Act (OHSA): strengthened protections for workers from workplace violence and addresses workplace harassment.

### Key aspects of Violence Prevention Programs include:

- identifying appropriate means and resources for assessing risks to violence in the workplace;
- promoting awareness of the employer's policy on Violence in the Workplace through training and communication; and
- informing employees/customers about response protocols for dealing with a violent or potentially violent situation.

### Workplace Violence & Harassment

The legislation defines workplace harassment as "engaging in a course of vexatious comment or conduct, against a worker in a workplace that is known or ought reasonably to be known to be unwelcome".

- Unlike harassment as defined in the Ontario Human Rights Code, the definition of workplace harassment includes conduct that is not related to a prohibited ground of discrimination.
- Workplace harassment may include bullying, intimidating or offensive jokes or innuendos, or harassing or intimidating phone calls.

### Rights & Responsibilities

Persons who hold a position of authority are expected to create a safe work/study environment ant to deal with harassment and discrimination within their areas of authority.

- To help create and foster a safe study/work environment;
- Communicate the meaning of harassment and discrimination;
- Make it clear that neither will be tolerated by establishing and conveying clear expectations;

# H U M A N R I G H T S

- Make it clear that inappropriate behaviour will be dealt with to bring it to an end to ensure a harassment-free environment;
- Step in if you witness inappropriate behaviour; intervene immediately, but respectfully (remember to document every discussion and step you take);
- Be a role model and ensure that your own language and behaviour is free of harassing or discriminatory elements.



For information or to file a report of discrimination contact:

**Ontario Human Rights Commission  
Human Rights Legal Support Centre  
866-625-5179 or visit [www.ohrc.on.ca](http://www.ohrc.on.ca)**

# Crime Stoppers

## What is Crime Stoppers?

It is a non-profit organization whose purpose is the detection, apprehension and conviction of criminals, the recovery of stolen property and the seizure of illicit drugs.

Members of the public are encouraged to provide information that may assist law enforcement agencies to solve crime through the offer of rewards and the guarantee of anonymity.

## How Does Crime Stoppers work?

1. When a crime is committed, you may have information about the crime.
2. If you have information you can contact Crime Stoppers either by phone at 1-800-22-8477 (TIPS) or submit a tip on line at: [www.crimestoppershamilton.com](http://www.crimestoppershamilton.com)
3. Your information is taken in strict confidence and your anonymity is guaranteed.
4. You are not asked to give your name or testify in court.
5. You will be issued with a confidential PIN number.
6. To ensure and preserve your complete anonymity, you must not divulge your PIN number to anyone.
7. You will be asked to call back periodically, so that you can be up-dated on the status of the tip. When you call you will have to identify yourself by referring to your original PIN number.
8. If your tip leads to a successful arrest of the suspect(s), or if the information that you supplied produces a positive out-come, you may be eligible for a cash reward of up to \$2000.

**CRIME STOPPERS DOES NOT SUBSCRIBE TO CALL DISPLAY**

## Victim Services

Established in 1992, Victim Services is a Branch within the Hamilton Police Service. There are three civilian full-time positions and approximately 80 volunteers. Victim Services is the only agency providing 24-hour crisis intervention service for victims of crime and trauma for the residents of the City of Hamilton.

Victim Services responds to the immediate needs of people who have been victimized by crime or trauma (e.g. homicide, suicide, sudden death, assaults, hate crime, elder abuse, robberies, harassment, fire and motor vehicle fatalities, etc).

Individuals, families, businesses and organizations can receive critical crisis intervention as well as support, information and referrals necessary to assist victims in dealing with the trauma of the incident that they experienced.

Short term crisis counselling is provided by the staff of the Victim Services Branch in office, at a client's residence or at other locations as necessary. Information about community services, resources and referrals are provided that enables people to make informed choices.

Victim Services will respond at the scene, upon the request of a Police Officer, to assist a victim or victims. When an Officer is not present, or if a victim chooses not to contact a Police Officer, the victim may call the 24 hr crisis line at 905-546 4904 and speak to a volunteer. The volunteer will provide telephone assistance, support, information and referrals. Office appointments can also be made by calling the 24hr number.



The following are additional services provided by the Victim Services Branch:

- **DVERS (Domestic Violence Emergency Response System):**

In conjunction with a community service by ADT Canada Inc. and the High Risk Domestic Violence Community Advisory Team, victims of high risk domestic violence are eligible to apply for a personal home alarm to enhance an overall safety plan. Police, community agencies and individuals may contact Victim Services directly to inquire. (Certain eligibility requirements apply).

- **Trauma Bear Program:**

The Hamilton police Service provides teddy bears to children at scenes to provide some comfort during the aftermath of crime and trauma. Each Hamilton Police cruiser has a Trauma Bear in their trunk available to hand out when needed. Officers then notify the Victim Services Branch that a bear has been distributed to ensure supply levels are maintained.



- **Victimology Education and Awareness:**

Victim Services staff provide training to Hamilton Police Service sworn Officers and Civilians on working with victims of crime and trauma.



- **Volunteering:**

Volunteers provide direct service to victims of crime and trauma when civilian staff members are not on duty. Volunteers are dispatched to provide service for a variety of crimes and trauma as noted above. Volunteers are not professional counsellors or therapists. They are community minded citizens who are excellent listeners and are both compassionate and empathetic. All volunteers have completed an initial 12 week training program and complete ongoing professional development training on a quarterly basis.

Contact:  
 Hamilton Police Services - **Victim Services Branch**  
**905-546 4904 (24 hours a day)**

## Victimization Issues

Individuals who have been victimized may be exposed to, and affected by, several different issues or emotions following the victimization. Some of these are outlined below:

### **Isolation:**

Families of homicide victims report losing 90% of their friends because no one wants to talk about the crime or the victim. (Sank and Caplan, 1991)

### **Loss of Faith:**

People may suffer a crisis of faith and blame their religious leaders or deities and ask why this act was allowed to happen.

### **Blame and Ignorance:**

Victims may often be told to forget and move on. In addition, they may face an extra burden and a lowering of self esteem when they are blamed by others for the victimization. It may be quite difficult for the victim to "move on" when they have a sense of shame and a feeling that no one understands them or the impact of the incident upon them.

### **Guilt:**

The victimized individual, and sometimes their family members, may wonder if they could have done something to prevent the incident from happening in the first place. This feeling delays any possible healing from taking place.

### **Mistrust:**

Victims often lose faith and trust in the system and in those they expected to support or help them. They may also have a general mistrust of police services and the criminal justice system. When this happens, there is an increased impact on the victim but also a decreased number of incident reports. Recent studies of victim impact of racially motivated crime show that only 1 in 10 of such incidents is ever reported.

### **Frustration:**

Victims of racism, Anti-Semitism, homophobia, and other forms of discrimination, feel isolated, terrorized, vulnerable, and frustrated that very little is done to bring the perpetrators to justice.

# Bullying

## What is Bullying?

Barbara Coloroso in *the bully, the bullied, and the bystander* (2002) explains that bullying is not about anger or conflict. She explains that bullying about contempt and a powerful feeling of dislike toward somebody considered to be worthless, inferior, and undeserving of respect. This contempt is exhibited through acts of terror, intimidation, tormenting and ridiculing.



### 4 markers of Bullying:

- Imbalance of power
- Intent to harm
- Threat of further aggression
- Terror or intense fear

### FACTS

- Of children in sixth through tenth grade, nearly one in six - are victims of bullying each year, while a similar number will bully other children.
- Compared to their peers, children who are bullied are five times more likely to be depressed. Bullied boys are four times more likely to be suicidal; and bullied girls are eight times more likely to be suicidal.
- In two-thirds of recent school shootings (for which the shooter was still alive to report), the attackers had previously been bullied. "In those cases, the experience of bullying appeared to play a major role in motivating the attacker."
- Thirty percent of all child suicides can be directly related to bullying
- It may raise suicide risk in bystanders who are considering suicide for other reasons

# BULLYING

## The Bully

Bullies come in all shapes and sizes, academic and social abilities. However, all bullies share some common features:

- Attitude of entitlement to control, dominate, subjugate or otherwise abuse another person
- Intolerance toward differences
- An assumption that they (the bully) has the liberty to exclude someone deemed unworthy of respect or care
- No empathy, compassion or shame

## The Bullied

The one thing that children who are bullied have in common is that they have become targets. Each child has been singled out to be the object of scorn, and are on the receiving end of an act of bullying, because they have been different in some way.

### Warning Signs:

A child who has been, or is being bullied may:

- show a sudden lack of interest in school, or refuse to go to school
- take an unusual route to get to school
- have an sudden drop in grades
- withdraw from family and school activities
- steal money from home
- be sad, sullen, angry, or scared after receiving a phone call or email
- stop talking about peers and everyday activities
- have physical injuries not consistent with explanation
- have stomach-aches, headaches, panic attacks, is unable to sleep, sleeps too much, is exhausted
- play alone, or prefers to hang with adults



# BULLYING

## Children May Not Tell About Being Bullied

Because:

- They are ashamed of being bullied
- They are afraid of retaliation
- They don't think anyone can help them
- They don't think anyone will help them
- They've believe that bullying is a part of growing up
- They think that "ratting" on a peer is bad, not cool

## The Bystander:

Bystanders are the most important group of all because they will aid the bully by either supporting or ignoring the action. They may stand idly by, look away, actively encourage the bully, or join in and become one of a group of bullies.

## Standing Up and Speaking Out:

Bullying is challenged when people stand up against it. Establishing norms of behaviour, enforcing rules, and increasing supervision are policy decisions that can help reduce the incidents of bullying. A great way to stop bullying is to educate young people and empowering them to show bullies that they will not be looked up to, nor will their cruel behaviour be condoned or tolerated. Children need to be educated about how **not** to be bystanders.

## Four Most Powerful Antidotes to Bullying:

- Strong sense of self
- Being a friend
- Having at least one good friend who is there for you through thick and thin
- Being able to successfully get into a group - and get out when it does not serve you well



# BULLYING

## If Your Child is Bullied:

1. Don't minimize, rationalize, or explain away the bully's behaviour
2. Don't rush in to solve the problem for your child
3. Don't tell your child to avoid the bully
4. Don't tell your child to fight back
5. Don't confront the bully or the bully's parents alone

## Do's

1. Tell them .... I hear you; I am here for you; I believe you; you are not alone in this
2. It is not your fault
3. There are things you can do
4. Report the bullying to school personnel



## How to report:

1. Arrange a meeting for you and your child with the appropriate person at the school
2. Bring to the meeting the facts in writing - the date, time, place, kids involved, and the specifics on the incidents - and the impact the bullying has had on your child as well as what your child has done to try to stop the bullying that didn't work
3. Work with your child and the school personnel on a plan to address what your child needs immediately to feel safe, and what can be done to rectify the situation and where they can go to get help
4. If you feel the problem is not being adequately addressed by the school, let the school personnel be aware of your dissatisfaction. Let them know that you are willing to go to the next step - the Board, and if necessary - especially in the cases of serious abuse and racist or sexist bullying - you will make a report to the police.



## Cyber Bullying

Cyber bullying involves the "use of information and communication technologies such as e-mail, cell phone and pager text messages, instant messaging (IM), defamatory personal Web sites, and defamatory online personal polling Web sites, to support deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others". - Bill Belsey.

- Cyber bullying can happen to adults and children
- Don't reply to messages from cyber-bullies
- Do not keep this to yourself, You are NOT alone and you did NOT do anything to deserve this
- Inform your Internet Service Provider (ISP) or cell phone/pager service provider
- Inform your local police
- Do not erase or delete messages from cyber-bullies, You don't have to read it, but keep it, it is your evidence
- Protect yourself - Never arrange to meet with someone you met online unless your parents go with you
- You may need to delete your current e-mail accounts, cell phone/pager accounts and set up new ones





## Signs of Cyber Bullying

A child may show the following signs that they are victims of cyber-bullying.

- They spend long hours on the computer but close the windows on their computer when you enter room and are secretive about their internet activities.
- They say that they are doing homework on the internet, but are always in chat groups and behind with school work.
- There may be unexplained long distance telephone call charges or unexplained pictures on computer.
- They cry for no apparent reason
- They lose interest in social events that include other students or a fear of going out of the house
- They may complain of illness before school or community events, may have frequent visits to the school nurse or office complaining of feeling sick - wants to call Mom or Dad to come and get them
- There are unexplained broken personal possessions, loss of money, loss of personal items
- They tell stories that don't seem to make sense

**The best defence against cyber bullying is a watchful, involved parent, guardian, family member or friend.**



For more information contact:

[www.cyberbullying.ca](http://www.cyberbullying.ca)

# Internet and Children<sup>1</sup>

## Benefits and Dangers

### Benefits

- Parents can continue to be in contact with their children when they are away from home
- Parents can be in direct contact with their child's day care, schools, etc
- It allows people to connect with family members who are not nearby... uncles, aunts, etc
- Enables access to information on politics, news, science, explorations, etc
- Provides access to entertainment, music, games, scores, etc
- Provides home work and exam help

### Parents' Role

Parents play an important role in guiding, supervising and teaching their children about safe use of the internet.

### Dangers on the Internet

- Predators are out there "in cyberspace" in the community, and cannot be easily identified.
- Predators may be within groups of people that we trust and are not gender specific.
- The internet is a way that predators gain easy access to children.
- Children who are not aware of the safe navigation of the internet may innocently allow access to external sources. These external sources may use web-cams to "peek" at the child and they may also access personal e-mail and bank accounts.
- External sources may use the "Chat Rooms" to create familiarity with the children who may become victims of Emotional, physical and sexual exploitation.

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1. York Regional Police: *Hidden Dangers – Be Netaware*  
<http://www.yrp.ca/crimepreventionparents.aspx>



# I N T E R N E T

## Ways to Protect Your Child from Internet Dangers

- Talk to your child and educate them about the safe use of the internet. Make your child aware that they should **NEVER** give out P.I.N. numbers or passwords, passwords are secret that should only be shared with their parents. They should also not share any personal information with anyone on line. **Note:** ( Personal information includes name, the names of friends or family, address, phone numbers, school name, their photograph, e-mail address.
- Let them know that they must ask for your permission before sharing any information with a Web site, a "chat buddy" and even when registering a purchased for your computer (like a game).
- Do not allow your child/teen to have a webcam in their private rooms.
- Keep the computer that is in use by kids/teens in the family room/kitchen area with the screen facing the room so that you can monitor the on-line activity.
- Check the history of websites visited by your child ... keep at least 2 weeks of history at all times. In addition, keep track of the persons with whom your child is in contact on the internet.
- Let your child know that nobody has the right to make them feel unsafe. Let them know that if they receive a message that makes them uncomfortable they should report it to an adult, or ask you to let the police know.
- If in extreme doubt or concern, use tools like silent logger/plus



## LGBTQ

LGBTQ, having a sexual orientation other than heterosexual. Lesbian, Gay, Bisexual, Transgender/Transsexual, Queer.



Hamilton Positive Space Collaborative is a program with a mission to facilitate the creation of LGBTQ positive spaces in Hamilton through the development and enhancement of community services, resources, programming, training and education.

Training is provided through The Well (The LGBTQ Community Wellness Centre of Hamilton). The HPSC works from an anti-oppression framework and believes all communities have a collective responsibility to ensure positive spaces for the LGBTQ community, and acknowledges the uniqueness and diversity of the LGBTQ community.

A Positive Space is an office, home, business or classroom that is designated as being accepting, welcoming and safe for LGBTQ individuals. Hamilton Wentworth District School Board has been working to create Positive Spaces in most of their schools.

### FACTS:

- 9 in 10 (86.2%) LGBTQ students reported being bullied
- More than half (60.8%) reported they felt unsafe in school because of their sexual orientation

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- Nearly a third (31.1%) of the students who did report an incident said that school staff did nothing in response
- 32.7% of LGBTQ students missed a day of school because of feeling unsafe, compared to only 4.5% of a national sample of secondary school students
- The reported grade point average of students who were more frequently harassed because of sexual orientation or gender expression was almost half a grade lower than for students who were less often harassed (2.8 versus 2.4)
- LGBTQ youth are up to four times more likely to attempt suicide than their heterosexual peers
- Suicide is one of the top three causes of death among young people ages 15 through 24



Contact:

Hamilton Positive Space Collaborative  
905-522 1148 ext 302 or [www.sprc.hamilton.on.ca](http://www.sprc.hamilton.on.ca)

The Well: 905-525 0300 or [www.thewellhamilton.ca](http://www.thewellhamilton.ca)

## Suicide

Suicide occurs when a person intentionally causes his or her own death. Suicide is often committed out of despair, or attributed to some underlying mental disorder which includes depression, bipolar disorder, schizophrenia, alcoholism and drug abuse. Financial difficulties, troubles with interpersonal relationships and other situations may play a significant role.

Suicide is the triumph of pain, fear and loss over hope. It is about wanting to end the pain. Suicide is a tragic reality in Hamilton.

### The Warning Signs:

Individuals who may be contemplating suicide may show some (or all) of the following signs.

- Withdrawing from friends, family, society
- Feeling hopeless, helpless, sad, or depressed
- Say that they have no sense of purpose in life and no reason for living
- Show high levels of anxiety or agitation
- Are unable to sleep or sleeping all the time
- Feelings of anger, rage or revenge
- Feeling trapped, like there's no way out
- Acting reckless
- Talking or writing about death, dying or suicide
- Dramatic mood changes
- Increased alcohol or drug use

# S U I C I D E

## How to Help<sup>2</sup>:

Take warnings signs seriously. Talking about suicide will *not* encourage someone to try it.

To find out if a person is thinking about suicide, ask:  
"Are you thinking of killing yourself?"

If the answer is "yes", then ask these 3 questions:

1. "How are you going to kill yourself?"
2. "When do you think you will kill yourself?"
3. "Do you have what you need to kill yourself?"

The more detailed and lethal the plan, the higher the risk. Do not agree to keep suicide plans a secret. Tell the person "You are not alone. Help is available." Call one of the numbers to get help. If there is an immediate risk of suicide, **CALL 911 and stay with the person.**



### Contact:

24 Hour Help Lines:

**Crisis Outreach & Support Team: 905-972 8338**

**Suicide Crisis Line: 905-522 1477**

**Kids Help Phone: 800-668 6868**

For more information visit:

**[www.suicideprevention.ca](http://www.suicideprevention.ca)**

**[www.livingworks.net](http://www.livingworks.net)**

**[www.suicideinfo.ca](http://www.suicideinfo.ca)**

2. Suicide Prevention Community Council of Hamilton ; Pamphlet *Suicide Awareness* 31

# T I P S

## Tips for creating an Inclusive Community

- Know your rights and responsibilities
- Become involved in community organizations
- Educate others about the resources that may be available in the community
- Speak out against hatred, violence, discrimination and harassment
- Support community members who have been victimized
- Be aware of violence in the community, especially when it involves hate
- Encourage community-building and reinforce community values





## Bibliography

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- *Hate Crime in Canada*. Canadian Centre for Justice Statistics CCIS. 2006
- Hamilton Police Services - Hate Crimes Unit [www.hamiltonpolice.on.ca](http://www.hamiltonpolice.on.ca)
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- Social Planning & Research Council of Hamilton. 2010 [www.sprc.hamilton.on.ca/PrioritiesAndActions.php](http://www.sprc.hamilton.on.ca/PrioritiesAndActions.php)
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- *Suicide Prevention*. Community Council of Hamilton. October, 2010
- Victim Services Branch [www.hamiltonpolice.on.ca/HPS/VictimSupport/VictimServices.htm](http://www.hamiltonpolice.on.ca/HPS/VictimSupport/VictimServices.htm)
- *What is bullying?* Safe & Caring Schools 3. Hamilton-Wentworth District School Board



Do You Know Where  
To Call In Case Of...



## Hate Crimes

**If your matter is an  
emergency, call 911.**

If this is a non-emergency matter and you are victim of intimidation, harassment, bomb threats, sexual assault, murder, hate propaganda, mischief, graffiti, damage to religious or personal property, verbal slurs accompanied by a threat, obscene or threatening phone calls...

You can report the matter to police by calling 905-546-4925

For additional assistance, Please call the Victim Services Branch 905-546-4904 24 hours  
[www.hamiltonpolice.on.ca](http://www.hamiltonpolice.on.ca)  
OR

**Contact person:**  
Sergeant Brian Ritchie  
Hate Crimes Unit  
Phone: 905-546-5678  
[britchie@hamiltonpolice.on.ca](mailto:britchie@hamiltonpolice.on.ca)



## Crime Stoppers

A crime is committed and you may have information, please contact Crime Stoppers either by phone at 1-800-222-8477 (TIPS) or submit a tip on line at: [www.crimestoppershamilton.com](http://www.crimestoppershamilton.com)

OR

**Contact person:**  
Det/Cst. Phil Steeves #210  
Crime Stoppers Co-ordinator  
Phone: 905-546-3813  
Fax: 905-546-4912  
[psteeves@hamilton.on.ca](mailto:psteeves@hamilton.on.ca)

If you are victim of crime and/or tragedy such as homicides, suicides, sudden death, assaults, sexual assaults, traffic and fire fatalities, robberies and harassment you can have support calling to the Victim Services Branch 905-546-4904 24 hours.

**Services Helping  
Victims of Crime:  
Hamilton Police Service  
Victim Services Branch  
24 Hrs 905-546-4904**

**Victim/Witness  
Assistance Program  
905-645-5272**

**Victim Quick Response  
Program 905-981-8601**

Victim Support Line  
1-888-579-2888

**Criminal Injuries  
Compensation Board  
1-800-372-7463**

**Internet Child  
Exploitation Counselling  
Program  
1-888-579-2888**

**The Assaulted Women's  
Helpline 1-866-863-511**

**SACHA Sexual Assault  
Centre (Hamilton and  
Area) 905-525-4162**

**Sexual Assault Domestic  
Violence Care Centre  
905-521-2100 X 73557**

**Internet and your  
Children**

[www.police.york.on.ca/netaware.htm](http://www.police.york.on.ca/netaware.htm)  
[www.cyberbullying.ca](http://www.cyberbullying.ca)  
[www.nomorebullies.com](http://www.nomorebullies.com)  
[www.bullying.com](http://www.bullying.com)  
[www.cayfo.ca](http://www.cayfo.ca)  
[www.bullyfree.com](http://www.bullyfree.com)  
Center for the Study and  
Prevention of Violence

Project funded by  Department of Justice Canada / Ministère de la Justice Canada

Training provided by HCCI in conjunction with the Hamilton Police Service and the Community.  
For more information contact HCCI (905) 297 4694 or [admin@hcci.ca](mailto:admin@hcci.ca)

Do You Know Where  
To Call In Case Of...



## Suicide Prevention is everyone's business.

24 Hour Help Lines:

**Crisis Outreach and  
Support Team**  
905-972-8338

**Suicide Crisis Line**  
905-522-1477

**Telecare Burlington**  
905-681-1488

**Kids Help Phone**  
1-800-668-6868

**Connex Ontario**  
1-866-531-2600

To learn more, go to:

[www.suicideinfo.ca](http://www.suicideinfo.ca)  
[www.suicidology.org](http://www.suicidology.org)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)  
[www.cmha.ca](http://www.cmha.ca)  
[www.livingworks.net](http://www.livingworks.net)

## Where to find support for LGBTQ individuals and their families

**The Well**  
27 King William St.  
(lower level) (open by  
appointment only)  
905-525-0300  
[info@thewellhamilton.ca](mailto:info@thewellhamilton.ca)  
[transpeersupport@gmail.com](mailto:transpeersupport@gmail.com)  
[www.thewellhamilton.ca](http://www.thewellhamilton.ca)

**Hamilton Positive Space  
Collaborative**  
162 King William St, suite 103  
Deidre Pike, co-chair  
905-522-1148 X 302  
[dpike@sprc.hamilton.on.ca](mailto:dpike@sprc.hamilton.on.ca)  
[www.sprc.hamilton.on.ca](http://www.sprc.hamilton.on.ca)

**YWCA**  
75 MacNab St. South  
905-522-9922  
[www.ywcahamilton.org](http://www.ywcahamilton.org)  
[info@ywcahamilton.org](mailto:info@ywcahamilton.org)

**The AIDS Network**  
140 King St. East, Suite 101  
905-528-0854  
[info@aidsnetwork.ca](mailto:info@aidsnetwork.ca)  
[www.aidsnetwork.ca](http://www.aidsnetwork.ca)

**Lesbian Gay Bi Trans  
Youth Line**  
Youth aged 26 and under  
living anywhere in  
Ontario.  
1-800-268-9688 (Sunday-  
Friday; 4:00 pm – 9:30)  
[askus@youthline.ca](mailto:askus@youthline.ca)  
[www.youthline.ca](http://www.youthline.ca)

## OIPRD

If you have a concern about any  
Ontario Police because of  
policies, conduct or services  
contact Office of the  
Independent Police Review  
Director (OIPRD)

655 Bay Street, 10<sup>th</sup> Floor  
Toronto, ON M7A 2T4  
Tel: 416-246-7071  
Fax: 416-327-8332  
Toll free: 1-877-411-4773  
[www.oiprd.on.ca](http://www.oiprd.on.ca)  
[OIPRD@ontario.ca](mailto:OIPRD@ontario.ca)

## Special Investigations Unit (SIU):

They investigates  
circumstances involving  
police and civilians that  
have resulted in a *serious  
injury*, (which includes  
allegations of sexual  
assault), or death.

### Contact Information:

5090 Commerce  
Boulevard  
Mississauga, ON  
L4W 5M4  
Tel: 416-622-0748 or  
1-800-787-8529  
Fax: 416-622-2455  
[www.siu.on.ca](http://www.siu.on.ca)  
[inquiries@siu.on.ca](mailto:inquiries@siu.on.ca)

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