

A Guide on Responding to Hate



maltagayrights.org



WHY SHOULD YOU ADDRESS HATE?

If you are straight or within the LGBTIQ community, you should stand up to hate.

Hate is an open attack on tolerance and acceptance, society and democracy. Silence enables perpetrators; apathy can be interpreted as acceptance, by the perpetrators, the public and the victims.

If left unchallenged, hate escalates.



HOW CAN YOU *RESPOND* TO HATEFUL COMMENTS?



RECOGNISE **WHO IS COMMENTING**

Is it a troll, a member of an anti-LGBT group, someone who is misinformed or someone who is criticising constructively? The kind of person you are dealing with, will affect how you respond.



DON'T REPEAT OR SHARE THEIR MESSAGE

By repeating the message or sharing it to show your anger, you are giving them importance.



CHALLENGE THEIR NARRATIVE

Undermine hateful messages by spreading positivity and tolerance.

EDUCATE

Where relevant, challenge misinformation with facts, including reliable sources to back you up.



REPORT

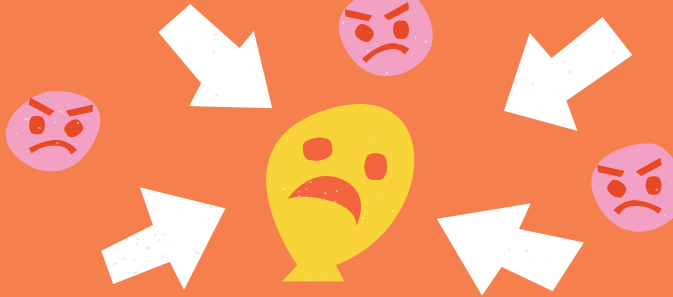
If it is a clear case of hate speech, then report to the police or Victim Support Agency immediately.



VISIT HATE SPEECH GUIDE

**SAFETY
FIRST**

If you do not feel safe to file a police report, seek support and advice first.
(contact MGRM or Victim Support Agency)



ARE THE COMMENTS DISTRESSING YOU?

If so, do not engage if you think it will make you feel worse.

Self-care is important. Take a break from social media, go out and do things that sustain you like exercise, meditation, hobbies, or hang out with your friends. If you need to talk to someone, you can reach out to our Rainbow Support Service or any of the mental health services on the next page.

MENTAL HEALTH SUPPORT



Rainbow Support Service

call **+356 7943 0006** or email **support@maltagayrights.org**

Online Chats

- **kellimni.com**
Available 24/7
- **OLLI chat**
(Richmond Foundation)
Mon - Fri | 8am - 8pm
Sat | 8am - 4pm

Phone

- **Freephone 1579**
(National Helpline)
Available 24/7
- **Freephone 1770**
(Richmond Foundation)
Mon - Fri | 8am - 8pm
Sat | 8am - 4pm
- **+356 9935 6622 (LGBTI+ Gozo counselling services)**
Mon - Fri | 9am - 5pm

LEGAL INFORMATION & SUPPORT



aditus foundation

email **info@aditus.org.mt**
or call **+356 7707 2221**

GENERAL INFORMATION



MGRM

email **mgrm@maltagayrights.org**
or call **+356 9925 5559**