

Bronx Community Board 8

Resources to Cope with and Combat Hate

Hate crimes reached record levels in 2023

According to USA Today, an increase of hate crimes nearly 13% from 2022 driven in part by upticks in anti-Jewish and anti-Muslim attacks amid the ongoing Israel-Hamas war. A larger analysis of 25 American cities found hate crimes increased an average of 17% from 2022, according to the study. "The top 10 cities generally match what's going to happen nationally," said Brian Levin, professor emeritus and founder of the Center for the Study of Hate & Extremism at California State University, San Bernardino. The increase caused Jewish people to surpass African Americans as the most-targeted group in America's largest 10 cities. Black Americans and gay Americans were the other most-targeted groups.

Locally, it starts with us. Our community is responsible for combating hate and hate crimes. Oppression of one group indicates that there will be an increase in discrimination, threat of and violence itself against other marginalized groups. This underscores our collective responsibility and coming together is the way we protect the value of ourselves, our loved ones and our neighborhood.

We hope you will find this Resource Guide useful and actionable.

***Hate Is a Danger to
Everyone and So
Fighting It Must Be a
Job for Everyone***

***Secretary-General Security Council on
Human Fraternity, February 2024***

What is hate?

Hatred or hate is an intense negative emotional response towards certain people, things or ideas, usually related to opposition or revulsion toward something. Hatred is often associated with intense feelings of anger, contempt, and disgust. Hatred is sometimes seen as the opposite of love. Hate is easier towards groups rather than individuals.

According to the U.S. Department of Justice, the term "hate" can be misleading. When used in a hate crime law, the word "hate" does not mean rage, anger, or general dislike. In this context "hate" means bias against people or groups with specific characteristics that are defined by law.

What is a hate crime? According to the New York City (NYC) Office for Prevention of Hate Crimes (OPHC), a hate crime is a crime that is motivated in whole or substantial part by bias against certain personal characteristics.

At the federal level, hate crime laws include crimes committed on the basis of the victim's perceived or actual race, color, religion, national origin, sexual orientation, gender, gender identity, or disability. Most state hate crime laws include crimes committed on the basis of race,

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color, and religion; many also include crimes committed on the basis of sexual orientation, gender, gender identity, and disability. [How do I know if what I experienced was a hate crime? Why should I report a hate crime?](#)

[Learn more about the Hate Crime Modernization Act passed in New York State FY2025 Budget \(April 2024\).](#)

If I am the victim of or witnessed a hate crime, what do I do?

If you believe that you have been the victim of a hate crime or hate incident, it is critical to report hate crimes to authorities to send a clear message that the community will not tolerate these kinds of crimes. Reporting hate crimes allows communities and law enforcement to fully understand the scope of the problem in a community and put resources toward preventing and addressing attacks based on bias and hate. Regardless of whether an incident amounts to a hate crime or a hate incident, it should be reported so that an investigation can occur.

If you wish to report hate crimes and bias-based incidents, you have options:

- If it is an emergency, call **New York Police Department (NYPD) 9-1-1 immediately**
- NYPD Hate Crimes Task Force: 646-610-5267 or hctf@nypd.org
- [Office of the New York State Attorney General \(OAG\)](#): civil.rights@ag.ny.gov or call: 1-800-771-7755.
- [New York City Human Rights Commission](#) 718-722-3131
- New York State Division of Human Rights Bias Incident Hotline 888-392-3644
- [NYC Gay and Lesbian Anti-Violence Project](#) 212-714-1141 (24-hour hotline) 212-714-1134 (TTY)
- [CAIR New York – Council on American Islamic Relations](#) info@ny.cair.com
- [ADL New York – Anti-Defamation League](#) 212-885-7700
- [New York Immigration Coalition](#) 212-627-2227
- Report a hate crime in the New York transit system; [Here's what you can do](#)
- Contact a [local FBI field office](#).

If you do not feel comfortable with those avenues, reach out to local nonprofits for help and assistance:

- [New York County District Attorney's Office Hate Crimes Unit](#) 212-335-3100 (main number) 212-335-9500 (TTY)
- [New York County District Attorney's Office](#) Witness Aid Services Unit 212-335-9040



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- If you wish to retain a pro bono (free) attorney for legal assistance, [NAPABA](#) may be able to assist and connect you with appropriate legal resources.
- [Asian American Bar Association](#)
- [OPHC](#)
- [NY Crime Victims Help](#)

NY Crime Victims Safety Plan:

Be safe. Here is a safety plan that any victim of a hate crime can use.

Gather information about the crime or incident as soon as you can. This can include:

- Details about your attacker's physical appearance and clothes.
- Photos, videos, and documents that show that the attacker had a belief or perception about your race, color, national origin, ancestry, gender, sexual orientation, etc.
- Physical injuries and property damage.
- Information that shows the attack was done on purpose.
- Witness or bystander contact information.

If I am a victim, what can I do to feel better?

From NIH, here are some things you can do to help yourself:

- Talk with your health care provider about treatment options and follow your treatment plan.
- Engage in exercise, mindfulness, or other activities that help reduce stress.
- Try to maintain routines for meals, exercise, and sleep.
- Set realistic goals and focus on what you can manage.
- Spend time with trusted friends or relatives and tell them about things that may trigger symptoms.
- Expect your symptoms to improve gradually, not immediately.
- Avoid the use of alcohol or drugs.

If I am a witness, what can I do?

An upstander is a bystander who recognizes acts or utterances of injustice and takes a stand by interrupting and challenging situations that normalize discrimination and potential violence.

Ways to take action - [Tip Sheet](#).

What if I feel hate towards myself or others?

NYC 988 is your connection to free, confidential mental health support.

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Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. At any hour of any day, in almost any language, from phone, tablet or computer, NYC 988 is your connection to get the help you need. <https://nyc988.cityofnewyork.us/en/>

Suicide takes precious lives. It can affect anyone, anywhere at any time, devastating families and even entire communities. But it is not inevitable. Help prevent suicide and offer support to those in crisis by sharing and airing these resources. <https://www.samhsa.gov/suicide>

Bias & Disability Discrimination

Disabled people are disproportionately victims of violent crime and victimization in the United States, according to [new data released by the Bureau of Justice Statistics](#). A [July 2023 National Institutes of Health article](#) indicated that women with disabilities are at a significantly higher risk of experiencing intimate partner violence, and all types of violence, throughout their lifetime. They are almost twice as likely to experience violence compared to men with disabilities or men and women without disabilities. For the past several years, the highest number of complaints the City's Human Rights Commission has received was not for race or gender bias, but rather for discrimination against people with disabilities.

Anyone who believes they have been a victim of discrimination in New York City can file an incident with the above resources or with the Human Rights Commission, which will investigate and, if cause is found, take legal action. Information on how to get help from the NYC Human Rights Commission [is here](#). Find additional information on resources, laws and other protections for individuals with disabilities at the [Mayor's Office for People with Disabilities](#).

Topics by Standing Committees

Resources for Youth:

[Resources for Youth](#): Office for the Prevention of Hate Crimes understands that hate is learned, but it can also be unlearned. By prioritizing education initiatives and the creation of curricular resources for youth, OPHC has engaged in long-term approaches to preventing hate crimes in NYC.

[Understanding and Preventing Youth Hate Crimes and Identity-Based Bullying \(Day 2\)](#)

[Mitigating hate in schools](#)

[K-12 Education: Students' Experiences with Bullying, Hate Speech, Hate Crimes, and Victimization in Schools](#)

[No place for Hate - Schools](#)

[Anti-bullying Toolkits](#)

[NYC DOE - Promoting Respect Resources](#)

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For further discussion, questions and resources, see CB8 1. [Education, Libraries and Culture](#) and/or 2. [Youth](#) Committees.

Resources for Those Who Have Served in Any Military Branch:

Veterans Crisis line: 988, Press 1

According to a recent study, Veterans experience mental health disorders, substance use disorders, post-traumatic stress, and traumatic brain injury at higher rates compared to their civilian counterparts. [VetsConnectNYC.org](#) For information on possible health care treatment and benefits information and applications, contact the [New York State Department of Veterans' Services](#) toll-free hotline at 1-888-VETSNY (1-800-838-7697).

[New York State Department of Veterans' Services](#)
[NY Health Foundation - Veterans Services](#)

What are my rights as a protected veteran? As a protected veteran under [VEVRAA](#), you have the right to work in an environment free of discrimination. You cannot be denied employment, harassed, demoted, terminated, paid less or treated less favorably because of your veteran status. [U.S. Department of Labor](#) If you feel as though you have been discriminated against, [submit a discrimination claim](#) through the U.S. Department of Veterans Affairs. [Review your benefits and apply for a discharge upgrade or correction to ensure you receive benefits you earned for yourself and your family/caretakers.](#)

For further discussion, questions and resources, see CB8 [Veteran's Committee](#).

Resources for Older Adults

While aging is a natural part of life that affects all of us, there are many prejudices against people because of their age. Like racism and sexism, ageism carries negative stereotypes and can lead to discrimination. Ageism can take many forms, including prejudicial attitudes, discriminatory practices, or institutional policies and practices that harm older adults. Ageism affects not only individuals, it also affects the workplace, our economy, and our communities.

[Tips to combat agism.](#)
[Ageless New York](#)
[Elder abuse](#)

For further discussion, questions and resources, attend [CB8's Aging Committee](#).

Resources for Health and Social Wellness:

Every 16 hours, someone dies from suicide in New York City. Based on [Community Health Survey data](#), 2.4% of NYC adults ages 18 and older seriously thought about killing themselves at some point in the past 12 months. [Identifying risk factors and warning signs for suicide](#)

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[Help prevent suicide in NYC.](#)

The City of New York is an inclusive equal opportunity environment - free from discrimination and harassment based upon any legally protected status or protected characteristic, including but not limited to an individual's sex, race, color, ethnicity, national origin, age, religion, disability, sexual orientation, veteran status, gender identity, or pregnancy.

[Resources for disability services](#)

For further discussion, questions and resources, see CB8's [Health, Hospital & Social Services](#) Committee.

Resources on Housing and Zoning:

File a [NYS Division of Human Rights complaint](#) or call 1-888-392-3644 if you have experienced a bias incident in areas such as employment, education, credit, purchasing or renting a home or a public accommodation.

Under local, state and federal law, property owners and their representatives may not deny housing to prospective tenants on the basis of race, color, religion/creed, national origin, gender (including sexual harassment), gender identity, age, marital or partnership status, disability, alienage or citizenship status, legal occupation, or lawful source of income. Furthermore, tenants may not be denied housing because they have children. [Fair Housing NYC](#), a joint effort by HPD and the NYC Commission on Human Rights (CCHR), provides information on the protected classes under the City Human Rights Law.

For further discussion, questions and resources, see CB8's [Housing](#) Committee.

Zoning ordinances may not contain provisions that treat uses such as affordable housing, supportive housing, or group homes for people with disabilities differently than other similar uses, and municipalities may not enforce ordinances more strictly against housing occupied by members of the protected classes. [NYU Furman Center on Land Use and Zoning](#)

For further discussion, questions and resources, see CB8's [Land Use](#) Committee.

Governance and Local Leadership:

Unconscious or implicit bias refers to when you form a quick opinion about a situation or person without being consciously aware of it. Our brains form biases by using knowledge about social situations, attitudes, cultures, stereotypes, emotional reactions, and more. We learn these through experiences and exposure to media throughout our life. Training on bias for CB8 members and neighbors. Start with us first. [Free module series.](#)

For further discussion, questions and resources, see CB8's [Law, Rules and Ethics](#) Committee.

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Resources for local businesses:

For further discussion, questions and resources, see CB8's [Economic Development](#) Committee.

Environment and Sanitation:

The Mayor's Office of Climate and Environmental Justice has launched a new interactive map detailing hazards in each neighborhood in the city in a bid to tackle environmental inequity across the five boroughs. <https://climate.cityofnewyork.us/resources/>

For further discussion, questions and resources, see CB8's [Environment & Sanitation](#) Committee.

Parks & Recreation:

For further discussion, questions and resources, see CB8's [Parks](#) Committee.

Public Safety:

What is NYC doing to combat hate crimes?

[How do we prevent hate crimes?](#) The Office for the Prevention of Hate Crimes is tasked with advising the Mayor in planning and implementing interagency coordination on hate crimes as it relates to prevention, awareness, investigation and prosecution, and impact on communities, as well as creating and implementing a coordinated system for how the City responds to hate crimes.

[NYC Interagency on Hate Crimes](#)

[Tracking Hate Crime Reports](#) - NYPD

[Monitor Trends - NYS Hate Crime Stats](#)

[Bronx District Attorney Hate Crime Taskforce](#)

[Monitor Trends - NYPD Hate Crime Stats](#)

For further discussion, questions and resources, see CB8's [Public Safety](#) Committee.

Traffic and Transportation:

What to do if you see a hate crime in the New York transit system

Whichever MTA service you rely on, your safety matters to us. [Here's what you can do](#) if you feel you've been the victim of or a witness to a crime, including a suspected hate crime.

For further discussion, questions and resources, see CB8's [Traffic and Transportation](#) Committee.