

MAKE A STAND AGAINST RACISM



How to respond to racism

Racism can happen to everyone so it is good to discuss racism and how to respond with your family members and friends.

What is racism?

Racism is discriminating against a person because of their skin colour, religion, language or background. Racism is not ok and it is a punishable crime under *Racial Discrimination Act 1975*.

Types of racism

Physical abusive behaviour

because of race, such as



- Spitting, scratching or biting
- Pushing or slapping
- Throwing objects

Verbal abusive behaviour because of race, such as



- Name calling (e.g. using an abusive term to insult you)
- Offensive comments about your appearance, accent and/or cultural activities

Online abusive behaviour because of race, such as



- Offensive jokes, comments, images or videos shared on social media targeting a specific cultural group

Damage of Property:

- Racist graffiti
- Destruction of property
- Racist posters and pamphlets



If you experience racism

Victim

- Call 000 (emergency services) and remove yourself from harm
- Record the incident or take photos if safe. Note the time, place and any physical injuries
- Report incident to the police. See below for local police phone numbers and addresses. Translation and interpreter services are available to help at any time of the day or night, free of charge

Bystander

- Intervene: Try to stop the aggressor by saying something like 'That's not okay'
- Support: Comfort the victim. Sit or stand next to them and ask if they are okay
- Call the emergency number 000

Contact your local NSW Police Station

Your local Police can help you with reporting, including racist incidents. (Open 24 hours)

Ryde Police Area Command:

Gladesville Police Station

8 Victoria Road,
Gladesville NSW 2111
Telephone: 9879 9699

Ryde Police Station

810 Victoria Road, Ryde NSW 2112
Telephone: 9808 7401

Eastwood Police Station

3 Ethel Street, Eastwood NSW 2122
Telephone: 9858 9299

NSW Police Force supports everyone living in Ryde.



Where to find immediate (on-the-spot) support:

- If you are in your work place: Seek help from your manager or supervisor
- If you are in a shopping centre: Seek help from the nearest shop assistant or security staff
- If you are in a public place (e.g. train station): Seek help from the nearest transport assistant

Where to find support after the incident:

Beyond Blue

Call 1300 924 522
(24 hours / 7 days a week)

LifeLine

Call 13 11 14 (24 hours / 7 days a week)

Australian Human Rights Commission

Call 1300 369 711 (9.00am - 5.00pm)

Fair Work Australia

Call 1300 375 715
(9.00am - 5.00pm)

Anti-discrimination NSW

Call 1800 670 812 (9.00am - 4.00pm)

Community Migrant Resource Centre

Call 02 9858 1925
(9.00am – 5.00pm)

Interpreting Services

- Translating and Interpreting Service call 131 450
(24 hours/7 days a week)
- National Relay Service call 1800 555 677
(24 hours/7 days a week)