

Somebody is picking
on me

I don't want to leave
the house. I just feel
worried.

THEY SAY THEY CARE
BUT THEN ...

Why do people laugh
when they push me?

My friends
are taking my money.

What can I do if it's disability hate crime?

Disability hate crime is not your fault

Talk to a person you trust. Tell them if someone hurts you or upsets you because of your disability. Ask the person you trust to help you report disability hate crime.

Report

Call **999** if somebody is hurting you now
Report disability hate crime **stophateuk.org**
Click the QR code to report disability hate crime



Harrow
Safeguarding
Adults Board
Safeguarding is everyone's business

© 2026 Community ConneX. All rights reserved.