



# **There is no room for racism in Victoria**

**Regardless of where you're from, what you look like, what you believe or what language you speak, no one should have to endure racism in the place they call home.**

Racism remains one of the most persistent issues we hear about at the Commission and, during the COVID-19 pandemic, we've seen a worrying rise in racist abuse and attacks. To combat this issue, support victims and raise awareness of the impact of racism on the community, we're asking for your help.

Racism remains one of the most persistent issues we hear about at the Commission and, during the COVID-19 pandemic, we've seen a worrying rise in racist abuse and attacks. To combat this issue, support victims and raise awareness of the impact of racism on the community, we're asking for your help.

This kit includes sample social media, website and newsletter content you can use to help members of your community understand their rights and how they can make a complaint about racism or other discrimination.

# Here's how we support the community ...

Our vision is for a fair, safe and inclusive Victoria where every person is respected and treated with dignity. To achieve this vision, we help Victorians to understand and exercise their rights.



Our **enquiry service** provides information about your rights under Victoria's anti-discrimination and human rights laws.

- **Call our Enquiry Line**  
1300 292 153
- **Contact us via live chat**  
<http://alivech.at/8b03dp>
- **Contact us via email**  
[enquiries@veohrc.vic.gov.au](mailto:enquiries@veohrc.vic.gov.au)



Our **Community Reporting Tool** allows people to report experiences or concerns directly to us.

- **Make a report**  
<https://www.humanrights.vic.gov.au/get-help/community-reporting-tool/>

*The Community Reporting Tool is also hosted by a range of local councils and other community organisations in Victoria*



Our **complaint service**, helps people to resolve experiences of discrimination, sexual harassment or vilification.

- **Lodge a complaint online**  
<https://makeacomplaint.humanrights.vic.gov.au>
- **Contact us via live chat**  
<http://alivech.at/8b03dp>
- **Contact us via email**  
[enquiries@veohrc.vic.gov.au](mailto:enquiries@veohrc.vic.gov.au)

## ... And here's how you can spread the word

- Share **links to our services** via your social media accounts
- Include a **short article about our services** on your website
- Host our **Community Reporting Tool** on your website – see our stakeholder kit for more information or email [communityreporting@veohrc.vic.gov.au](mailto:communityreporting@veohrc.vic.gov.au)

# Get help in language

Victorians speak more than 260 languages, and we know that providing resources in language is a vital resource for Victoria's culturally and linguistically diverse communities.

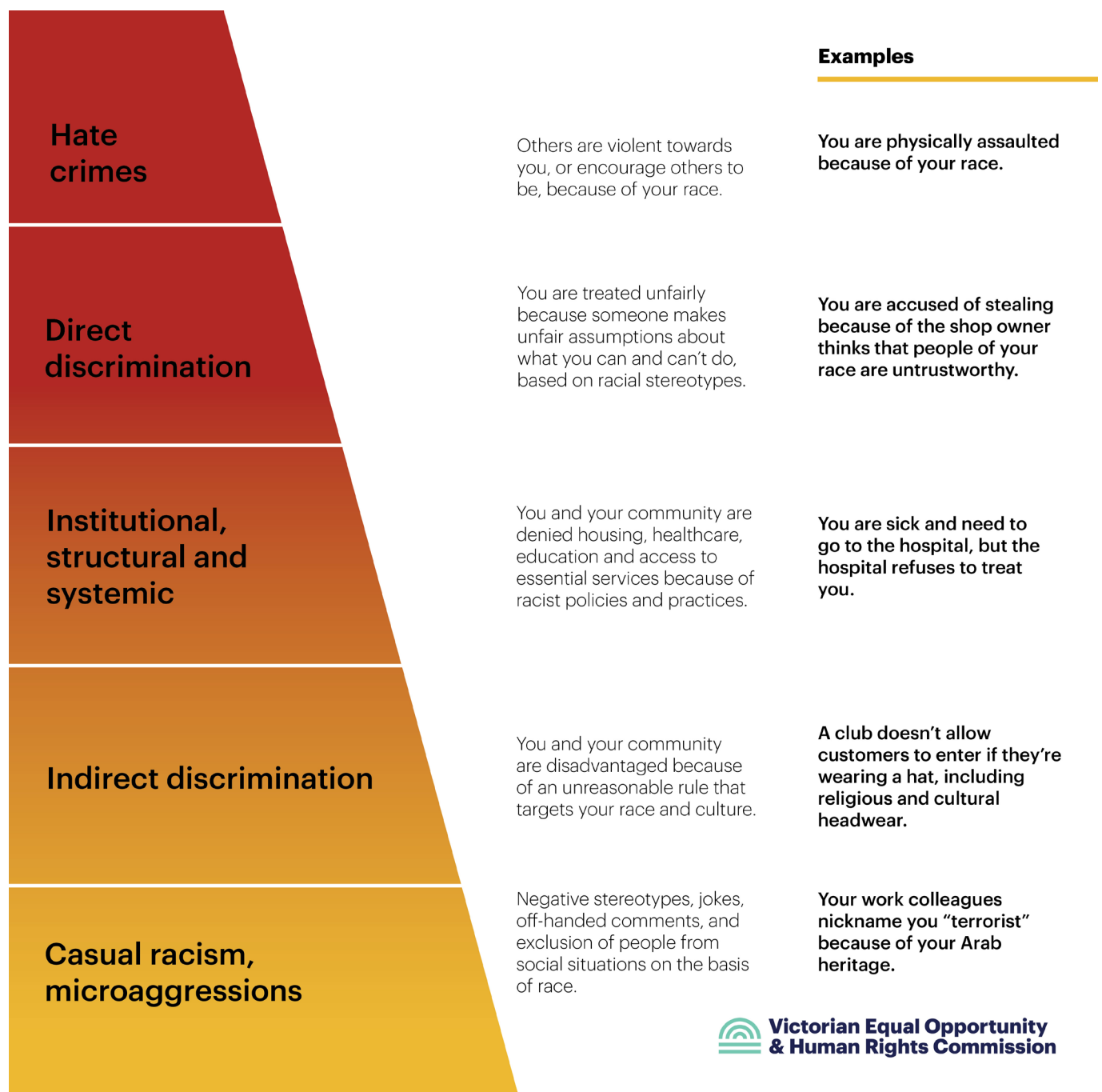
To help Victorians understand their rights and how they can make a complaint about discrimination, we've created dedicated landing pages in some of the most commonly used languages in Victoria. You can share these links with your community.

<b>Arabic</b>	احصل على المساعدة <a href="http://www.humanrights.vic.gov.au/get-help/arabic">www.humanrights.vic.gov.au/get-help/arabic</a>
<b>Cantonese</b>	尋求協助 <a href="http://humanrights.vic.gov.au/get-help/cantonese">humanrights.vic.gov.au/get-help/cantonese</a>
<b>Dari</b>	کمک پښتو <a href="http://humanrights.vic.gov.au/get-help/dari">humanrights.vic.gov.au/get-help/dari</a>
<b>Farsi</b>	دریافت کمک <a href="http://humanrights.vic.gov.au/get-help/farsi">humanrights.vic.gov.au/get-help/farsi</a>
<b>Greek</b>	Λάβετε βοήθεια <a href="http://humanrights.vic.gov.au/get-help/greek">humanrights.vic.gov.au/get-help/greek</a>
<b>Hindi</b>	हम आपकी मदद कैसे कर सकते हैं <a href="http://humanrights.vic.gov.au/translations/hindi/how-we-can-help-you">humanrights.vic.gov.au/translations/hindi/how-we-can-help-you</a>
<b>Korean</b>	도움 구하기 <a href="http://humanrights.vic.gov.au/get-help/korean">humanrights.vic.gov.au/get-help/korean</a>
<b>Mandarin</b>	获取帮助 <a href="http://humanrights.vic.gov.au/get-help/mandarin">humanrights.vic.gov.au/get-help/mandarin</a>
<b>Persian</b>	ما چگونه می توانیم به شما کمک کنیم <a href="http://humanrights.vic.gov.au/translations/persian/how-we-can-help-you">humanrights.vic.gov.au/translations/persian/how-we-can-help-you</a>
<b>Punjabi</b>	ਅਸੀਂ ਤੁਹਾਡੀ ਮਦਦ ਕਿਵੇਂ ਕਰ ਸਕਦੇ ਹਾਂ <a href="http://humanrights.vic.gov.au/translations/punjabi/how-we-can-help-you">humanrights.vic.gov.au/translations/punjabi/how-we-can-help-you</a>
<b>Somali</b>	Caawimaad hel <a href="http://humanrights.vic.gov.au/get-help/somali">humanrights.vic.gov.au/get-help/somali</a>
<b>Vietnamese</b>	Đề đươc giúp đỡ <a href="http://humanrights.vic.gov.au/get-help/vietnamese">humanrights.vic.gov.au/get-help/vietnamese</a>
<b>Urdu</b>	ہم کیسے آپ کی مدد کر سکتے ہیں <a href="http://humanrights.vic.gov.au/translations/urdu/how-we-can-help-you">humanrights.vic.gov.au/translations/urdu/how-we-can-help-you</a>

# Racism can mean different things to different people

There's a broad spectrum of behaviour that might be identified as racial discrimination or vilification. This spectrum covers microaggressions and casual racism, bullying and harassment, or unfair treatment and denial of opportunity that seems to be available to others, and all the way through to verbal abuse and violence.

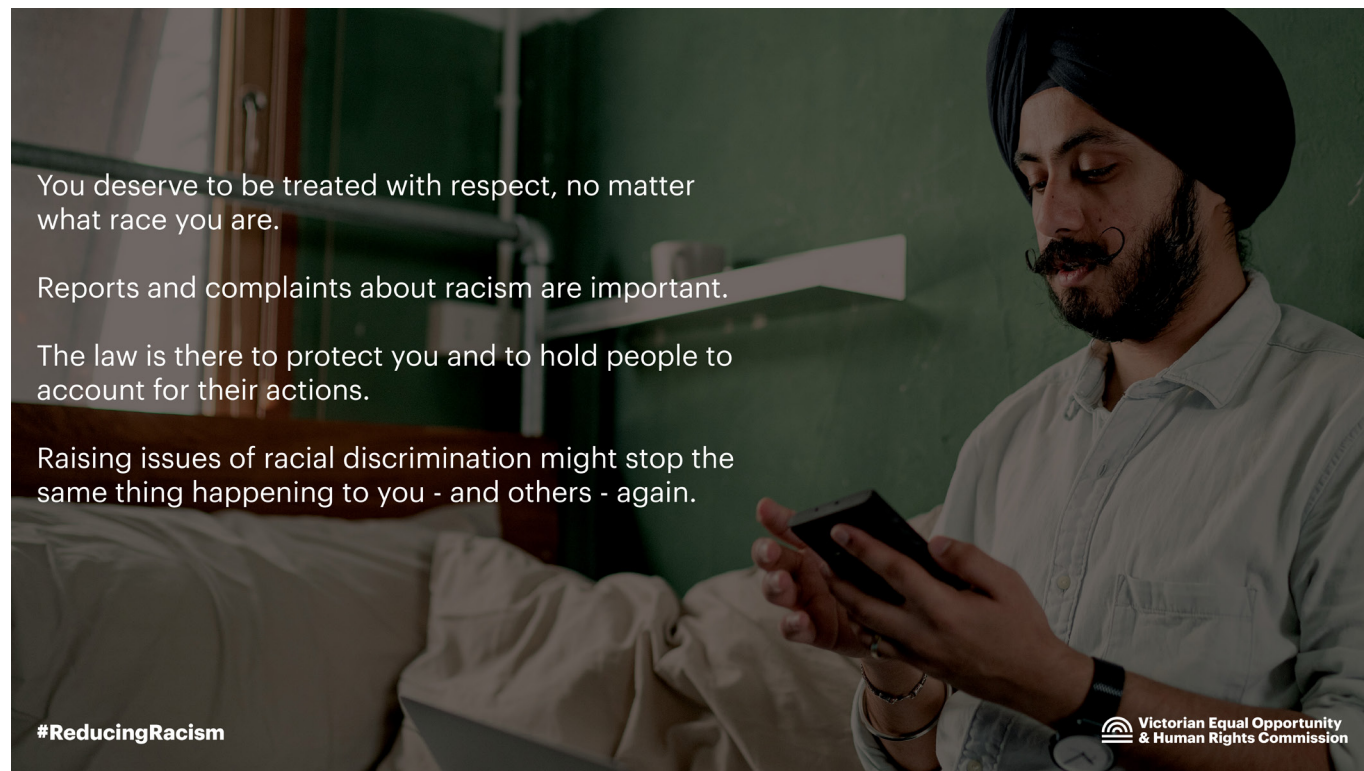
This is all racism, no matter how small or big it may seem.





# Why report racism?

Here is a suggested social media post to help encourage your community report racism.



## Download images

If you experience racism in [local area], we want you to tell us about it.

It's important to report racism.

Reporting racism says that racist behaviour is not okay. We can prevent them from being racist towards others in the [local area] community too. Your actions can bring change.

Racism is not okay. If you have experienced racism, make a report at [bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#ReducingRacism #Racism #CommunityReportingTool

## **Twitter:**

Reporting racism might stop it from happening to you again – and the same happening to someone else. When we report racism, we're saying that racist behaviour is not okay.


Make a report at [bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#ReducingRacism #Racism #CommunityReportingTool

# How to report racism

If you're not sure what to write in a report, here are some things you can consider:

- Who was there? A stranger, someone working at a business, children?
- Where was it? It's really useful to provide the specific name of a location. The CRT also asks for your postcode.
- What happened? If someone said something offensive to you, what did they say?
- Do you have any outcomes in mind? The Commission can contact you to help you further, or perhaps you just want to tell us what happened anonymously.



## When you experience racism, you might not know what to do next.

It can feel overwhelming to report racism, but we have made it easy with our Community Reporting Tool.

You can write as little or as much you like.

You can have someone support you to write a complaint.

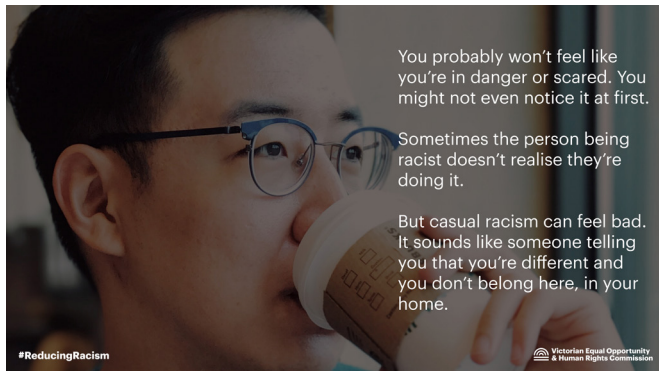
You can also call us if you'd rather do that and use our interpreter hotline.

It's hard to know what to say, especially when you feel upset or scared.

Here are some things you can think about when writing a report.

# Sample social media posts

Communities all over Victoria have told us they need more information about their rights and how they can report racism and discrimination. You can support them by using or adapting these posts for your social platforms.



## Casual racism

[Download images](#)

What is casual racism? It's prejudiced comments and negative stereotypes based on your race, skin colour or ethnicity.

We welcome everybody in [local area]. Racism is not okay.

If you experience racism or any other type of discrimination, you can make a report using the Community Reporting Tool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

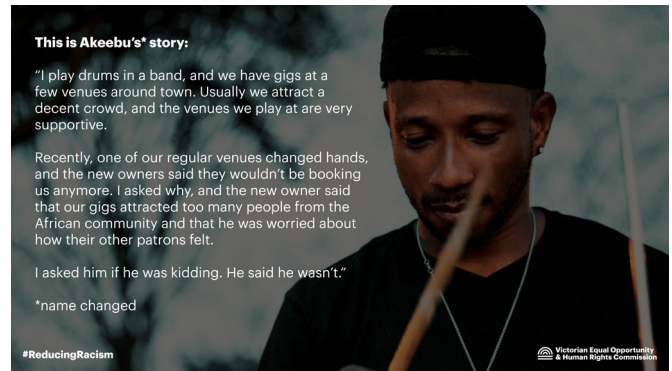
#Racism #ReducingRacism  
#CommunityReportingTool

### Twitter:

What is casual racism? It's prejudiced comments and negative stereotypes based on your race, skin colour or ethnicity.

If you experience racism or any other type of discrimination, you can make a report using the #CommunityReportingTool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism



## Direct discrimination

[Download images](#)

Direct discrimination is when someone treats you badly or unfairly based on their own assumptions and biases.

Racism is not okay and we don't tolerate it in [local area]

If you experience direct discrimination, you can make a report using the Community Reporting Tool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism  
#CommunityReportingTool

### Twitter:

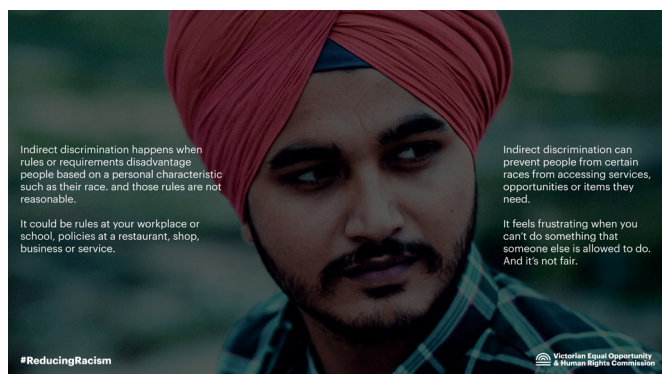
Direct discrimination is when someone is treated badly or unfairly because of a personal characteristic, such as their race.

If you experience discrimination, you can make a report using the #CommunityReportingTool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism



# Sample social media posts



## Indirect discrimination

[Download images](#)

Indirect discrimination happens when rules or requirements disadvantage people because of a personal characteristic such as their race.

It might happen at your workplace or school, at a restaurant, shop, business or service.

Indirect discrimination can prevent people from certain races from accessing services, opportunities or items they need.

We want everybody in [local area] to feel welcome and have equal opportunities to everybody else, no matter where they're from.

If you experience racism or any other type of discrimination, you can make a report using the Community Reporting Tool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism  
#CommunityReportingTool

### Twitter:

Indirect discrimination is when specific rules disadvantage people because of their race.

And it can prevent you from accessing things you need.

Report racism using the #CommunityReportingTool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism



## Racial vilification/hate crimes

[Download images](#)

Racial vilification is when someone incites hatred, serious contempt, revulsion or severe ridicule towards you or group of people, because of your race or religion.

We don't tolerate racial vilification in [local area]. You can report racial vilification using the Community Reporting Tool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism  
#CommunityReportingTool

If you are in danger, call 000. You can also report to your local @Victoria Police station on 131 444.

You can report online harassment to the @eSafety Commissioner.

### Twitter:

Racial vilification is when someone incites hatred, serious contempt, revulsion or severe ridicule towards you or group of people, because of your race or religion.

Report racism using the #CommunityReportingTool: [https://bit.ly/VEOHRC\\_CRT](https://bit.ly/VEOHRC_CRT)

#Racism #ReducingRacism

### Optional second tweet:

If you are in danger, call 000 or report to [local area name] @VictoriaPolice station. You can also report online harassment to the @eSafetyOffice.



# Social media in language



Racism is not ok. If you've experienced racism or other unfair treatment, we are here to help. We can help you understand the law, report it through our Community Reporting Tool or make a formal complaint. Find out more information in your language:

[humanrights.vic.gov.au/  
for-individuals/languages](https://humanrights.vic.gov.au/for-individuals/languages)

## Arabic

العنصرية ليست شيئاً يمكن القبول به. إذا كنت قد واجهت معاملة عنصرية أو معاملة أخرى غير عادلة، فإننا موجودون للمساعدة. يمكننا مساعدتك في فهم القانون أو الإبلاغ عن القضية من خلال 'أداة الإنترنت للإبلاغ من المجتمع' أو تقديم شكوى رسمية. اكتشف المزيد من المعلومات بلغتك

[humanrights.vic.gov.au/get-help/arabic](https://humanrights.vic.gov.au/get-help/arabic)

## Korean

인종차별은 잘못된 것입니다. 인종차별이나 다른 불공정한 대우를 경험하셨다면, 저희가 도와드리겠습니다. 관련 법의 이해를 도와드리고, 저희의 지역사회 신고제도 (Community Reporting Tool)를 통해 신고하거나 공식적인 불만제기를 할 수 있도록 도와드리겠습니다. 보다 상세한 정보를 모국어로 확인해 보십시오

[humanrights.vic.gov.au/get-help/korean](https://humanrights.vic.gov.au/get-help/korean)

## Cantonese

種族主義是不能接受的。如果您經歷種族歧視或其他不公平的待遇，我們可為您提供幫助。我們可以幫助您瞭解法律，通過我們的社區報告工具提出報告或正式投訴。中文資訊請參閱

[humanrights.vic.gov.au/get-help/cantonese](https://humanrights.vic.gov.au/get-help/cantonese)

## Vietnamese

Kỳ thị sắc tộc là không được. Nếu quý vị từng bị kỳ thị hoặc bị đối xử không công bằng, chúng tôi sẵn sàng giúp quý vị. Chúng tôi có thể giúp quý vị hiểu về luật, giúp việc tường trình vấn đề thông qua Công cụ Báo cáo Cộng đồng của chúng tôi hoặc giúp việc nộp khiếu nại chính thức. Tìm hiểu thêm thông tin bằng ngôn ngữ của quý vị tại trang

[humanrights.vic.gov.au/get-help/vietnamese](https://humanrights.vic.gov.au/get-help/vietnamese)

## Farsi

نژاد پرستی درست نیست. اگر با رفتار نژاد پرستانه یا سایر رفتارهای غیرمنصفانه روبرو شده اید، ما آماده کمک به شما هستیم. می توانیم کمک کنیم تا قوانین را بفهمید، آنرا از طریق گزارش کنید یا بطور رسمی شکایت کنید. اطلاعات (Community Reporting Tool) ابزار گزارش اجتماعی مان بیشتر به زبان خودتان را در اینجا بیابید

[humanrights.vic.gov.au/get-help/farsi](https://humanrights.vic.gov.au/get-help/farsi)

# Social media in language

Abused on the street, yelled at while shopping, heckled while walking in a local park – we've heard some shocking examples of racism during COVID-19. If you've experienced racism and want info on your rights, we are here to help. Find out more information in your language:

[humanrights.vic.gov.au/  
for-individuals/languages](https://humanrights.vic.gov.au/for-individuals/languages)



## Arabic

العنصرية ليست شيئاً يمكن القبول به. إذا كنت قد واجهت معاملة إذا كنت قد تعرّضت للإهانة في الشارع، أو الصياح ضدك أثناء التسوق، أو المضايقة أثناء المشي في الحديقة العامة المحلية - فإننا سمعنا بعض الأمثلة المرّوعة للعنصرية خلال أزمة COVID-19. إذا كنت قد تعرّضت للمعاملة العنصرية وتريد معلومات عن حقوقك فإننا موجودون للمساعدة. اكتشف المزيد من المعلومات بلغتك

[humanrights.vic.gov.au/get-help/arabic](https://humanrights.vic.gov.au/get-help/arabic)

## Cantonese

在街上受到辱罵或傷害，在購物時遭到吆喝，在公園散步時被質問 — 這些都是在新冠病毒疫症期間令人震驚的種族主義事例。如果您經歷了種族歧視，並希望獲得和自己的權利有關的資訊，我們可提供幫助。中文資訊請參閱

[humanrights.vic.gov.au/get-help/cantonese](https://humanrights.vic.gov.au/get-help/cantonese)

## Farsi

آزار دیدن در خیابان، داد شنیدن در هنگام خرید، تنه خوردن زمانی که در یک پارک محلی قدم می زنید - ما نمونه هایی تعجب آور از نژاد پرستی را در طول کوید-19 شنیده ایم. اگر شما نژاد پرستی را تجربه کرده اید و اطلاعاتی درباره حقوقتان می خواهید، ما آماده کمک به شما هستیم. اطلاعات بیشتر به زبان خودتان را در اینجا بیابید

[humanrights.vic.gov.au/get-help/farsi](https://humanrights.vic.gov.au/get-help/farsi)

## Korean

거리에서 모욕을 당하거나, 쇼핑 중에 야유를 듣거나, 지역 공원 산책 중 괴롭힘을 당하는 등, 코로나19 사태 중 발생한 놀라운 인종차별 사례들에 대해 들어 본 적이 있을 것입니다. 인종차별을 경험한 적이 있고, 자신의 권리에 대해 알고 싶으시다면 저희가 도와드리겠습니다. 보다 상세한 정보를 모국어로 확인해 보십시오

[humanrights.vic.gov.au/get-help/korean](https://humanrights.vic.gov.au/get-help/korean)

## Vietnamese

Bị hành hung ngoài phố, bị la ó khi đang đi mua hàng, bị xô đẩy khi đang đi dạo ở công viên địa phương – chúng tôi từng nghe các ví dụ về kỳ thị chủng tộc trong thời kỳ COVID-19. Nếu quý vị từng bị kỳ thị và muốn biết thông tin về quyền của mình, chúng tôi sẵn sàng giúp. Tìm hiểu thêm thông tin bằng ngôn ngữ của quý vị tại trang

[humanrights.vic.gov.au/get-help/vietnamese](https://humanrights.vic.gov.au/get-help/vietnamese)

# Access our resource hub

To help your community understand their rights, report racism or make a complaint, you could share information about our services on your website or in you newsletter.

## Racial and Religious Rights - VEOHRC website

**Facebook:** [facebook.com/VEOHRC](https://facebook.com/VEOHRC)  
**Twitter:** [@VEOHRC](https://twitter.com/VEOHRC)  
**Instagram:** [instagram.com/VEOHRC](https://instagram.com/VEOHRC)  
**Linkedin:** [linkedin.com/company/victorian-equal-opportunity-&-human-rights-commission](https://linkedin.com/company/victorian-equal-opportunity-&-human-rights-commission)