

# Intimidation, Harassment and Bullying

Are you at risk?

Did you experience or  
witness hate speech  
or a hate crime?

## Protect yourself and others

**Safety first!** If you feel unsafe, walk away.

**Respond!** If you feel safe, respond calmly and firmly to let them know that their actions are unwelcome.

**Document!** Capture all the details about what happened, including the date, time, location, and contact information for any witnesses.

**Report!** Tell the proper authorities. Call **911** if you feel you are in danger.

**Get help!** Contact the LCR at 617-482-1145 or [lawyersforcivilrights.org](http://lawyersforcivilrights.org)

## Resources

Call **911** if you are in danger.

### Contact the LCR

617-482-1145

[lawyersforcivilrights.org](http://lawyersforcivilrights.org)

@LCRBOSTON

#BostonCivilRights

#LegalWarriors

## Lawyers for Civil Rights (LCR)

fosters equal opportunity and fights discrimination on behalf of people of color and immigrants.

We engage in creative and courageous legal action, education, and advocacy in collaboration with law firms and community partners.

**LCR**

**LAWYERS FOR  
CIVIL RIGHTS  
BOSTON**