I was approached by an unknown male who realized I was trans and unleashed a string of transphobic slurs and threats, telling me that I did not belong in that part of town. [...] I am one girls physically confronted me, bumping his chest into me and shoving me.

While walking my cat, a gay grabbed me and hit me, but I didn’t fight back. A man walked up to me, but didn’t say anything. I didn’t react to him either.

About 15 minutes into my run, two bikers came up beside me and matched my pace. I sped up and moved across the street. They continued to follow me, repeating, “Get back here you whores!” They continued, “Fucking dyke, maybe if you suck my dick you won’t be so stupid.” One of them threw a bottle that hit my head.

Do you feel physically and emotionally safe? Do you have the capacity to engage? You may not feel comfortable engaging with the harasser, and that’s okay. Try one of these tips to disengage:

- Remove yourself from the situation
- Use your surroundings. If you’re on public transportation, try moving to a car with more people on it or sit closer to the driver.
- Use a method of distraction
- Find a group of people who seem safe to you and ask if you can stay with them until the harasser leaves. You can also just ask for the time or for directions.
- Can’t find anyone? Nowhere to go? Call a friend, or pretend to.

Follow Up
- Check in with yourself. How are you feeling? What do you need?

Share your story at ihollaback.org or on the Hollaback! app. Use this platform to share what happened, reclaim your voice, and receive support from bystanders.

It might not always be safe to delegate to law enforcement. Sometimes, including police and other law enforcement officers, may be unhelpful or hostile toward LGBTQ+ people facing harassment – especially those with other marginalized identities (for example, people of color and immigrants). Keep this in mind when asking for help.