We believe you, and we’ve got your back. We know that harassment against LGBTQ+ people is far too common. Your experiences and reactions, no matter what they are, are valid.

There is no “right” way to respond to harassment. If none of these steps work for you, do whatever feels most comfortable for you. Sometimes the best response is just checking in on the person you’re trying to help.

Don’t make assumptions about identity. Don’t assume you can tell someone’s identity or experiences, even if you think you can read them based on appearance or behavior. Use gender-neutral pronouns (“they/them” instead of “he/she”) and keep your language neutral.

Your identity does not warrant harassment. Don’t assume you can tell someone’s identity or experiences, even if you think you can read them based on appearance or behavior. Use gender-neutral pronouns (“they/them” instead of “he/she”) and keep your language neutral. Don’t make assumptions about identity.

Focus on the person being harassed instead of the harasser. Take your cues from them — if they want you to help, then do what you can to help. If they want you to stay away, then do that.

If you think it’s safe, call the harasser out. Harassers may try to respond when you call them out, but don’t engage in a verbal war. It may escalate the situation.

Look the harasser in the eye and denounce their behavior concisely in a strong, clear voice. Be firm. Don’t assume you can read them based on appearance or behavior. Use gender-neutral pronouns (“they/them” instead of “he/she”) and keep your language neutral. Don’t make assumptions about identity.

Harassment by law enforcement is unacceptable. Don’t repeat the harasser’s language. Don’t tell someone who has been harassed what they should have done differently. They need support, not judgment, and nothing justifies harassment.

You are not alone. Harassment is not your fault. We believe you, and we’ve got your back. Check out our resources and share your story at ihollaback.org. Nobody deserves to be harassed.

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No

Direct Action

Delegate

Ask Before Using Law Enforcement

Confidential, 24-hour, bilingual hotline (English and Spanish): 212-714-1141

NCAVP’s Hate Violence Report

#HarassmentIs unacceptable.

Learn More

Make a Pledge

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