



19/12/2014

WHAT TO DO IF YOU ARE ABUSED OR ASSAULTED DUE TO YOUR RACE OR RELIGION

1) Report to Police

Any incidents should be reported immediately to **Triple Zero (000)** or go to your nearest police station as soon as possible.

In Victoria it is against the law to physically assault or threaten to assault someone. Try and collect any photos, names and contact numbers of witnesses or people who helped you. Write them in your phone. Victoria Police Chief Commissioner Ken Lay has said "[It's very important for Victoria police to become aware of these events so we can take decisive action.](#)"

2) Report to the Human Rights Commission

[According to the Human Rights Commission](#), it is also against the law in Victoria to yell, scream or hurt someone because of the colour of their skin or their religion. If you experience an assault seek support as soon as possible from friends, shopkeepers, or anyone nearby. You or someone on your behalf can make a complaint to the Commission online at www.humanrightscommission.vic.gov.au or call **1800 292 153**.

3) What to report

It will help if you can give the following information:-

- how you were attacked or what you saw
- Where and when it occurred
- the identity of the attacker and where they live, if you know it
- what the attacker looked like and/or what they were wearing
- what the attacker said, particularly anything insulting about your race or religion
- the nature of any injuries sustained
- whether anyone else was attacked
- the names and addresses of any witnesses
- whether you have been attacked before

4) Accessing Counselling Services.

If you want to talk to someone quickly and confidentially about your feelings of distress, don't hesitate to contact LIFELINE on 131114. Visit their website: www.lifeline.org.au

5) Seeking Legal Advice

If you would like legal advice you could contact your local community centre, visit www.fclc.org.au or call: (03) 9652 1500 (Federation of Community Legal Centres)

Please, also report all incidents to the Sikh Interfaith Council of Victoria (www.sikhinterfaithvic.org.au) by email: info@sikhinterfaithvic.org.au. This would help us to monitor the number of incidents in our community.