

# Q: What can I do if I am targeted in a bias incident?

- **Safety First:** Trust your instincts and assess your surrounds. If you feel unsafe and you are able to, leave the area.
- **Stay Calm:** Take a deep breath, limit eye-contact, and maintain neutral body language.
- **Speak Out** (if you can do so safely): In a calm and firm voice, establish physical boundaries and denounce their behavior and comments.
- **Seek Immediate Support:** Ask bystanders for support or intervention.
- **Seek Emotional Support:** Once you feel safer, take time to recover and reach out to someone to talk about what happened. Remember this is not your fault, and you are not alone.

Source: A3PCON's #StopAAPIHate campaign

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