You accidentally spill a drink and someone laughs at you and calls you 'a retard'.

Someone uses the term ‘that’s so gay’ as a negative comment.

Someone asks you where you are from, when you reply ‘somewhere in the UK’, they say ‘no, where are you actually from?’

While a woman is walking down the street, a group of men in a car roll their windows down and shout at her things like ‘alright love’, ‘give us a smile’, and ‘wanna come home with us?’

You go to a fancy dress party, and someone not of your religion is dressed in your traditional or stereotypical religious attire.

You accidentally spill a drink and someone laughs at you and calls you ‘a retard’.

When a woman gives her opinion and is told to ‘get back in the kitchen’.

Don’t be a bystander. Speak up! Stand up! Call it out and report it.

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You share you're feminist and someone responds “bloody feminists”

When a person repeatedly imitates your foreign national accent and calls it ‘banter’

When someone says ‘you need to shave if you’re trying to look like a girl’

Being told to “cheer up and not look so depressed”

When people assume you won’t want to participate in an activity because you have a disability

You share you’re feminist and someone responds “bloody feminists”

Someone touches your hair because they think ‘it’s so different’

Don’t be a bystander. Speak up! Stand up!
Call it out and report it.

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