

How individuals have benefitted from the RSMS facilitated Hate Crime Hub



RSMS are working with Cambridgeshire County Council, Cambridgeshire Constabulary and Cumbria Constabulary to deliver a Hate Crime intervention. The aim is to reduce the number of Hate Crime incidents by helping perpetrators understand the impact of their behaviour and address the motivations for their actions

WHY

The Hate Crime Behavioural Insights Trial was developed as a response to the increasing number of Hate crime incidents over the COVID period.

HOW

The following accounts show how the intervention changes thinking and attitudes with regards to prejudice

OUTCOME

RSMS will continue to deliver this pilot until January 2023 and will undertake a full evaluation

THE FINDINGS

Participant A:

As a result of undertaking the Hate Crime intervention Sam is learning to take responsibility for his actions. He recognises his main triggers are alcohol and when he feels others are being aggressive towards him, but is trying to learn how to take a calmer approach by 'being the better' person and not reacting when faced with conflict from others. Sam reports that his abstinence from alcohol currently is really helping him to remain in control of his emotions and therefore his behaviours. He is also accessing counselling which he feels is helpful in further understanding himself and his own personal growth. He presented as remorseful of his behaviour and shocked at his comments. Sam showed good understanding of how his emotions had impacted his thinking in the situation and has made real efforts to understand himself further through the sessions, which he reflected were really helpful for him in improving his skill set for avoiding re-offending. He is hoping to be able to send the victim an apology letter through the Police.

In relation to the offence Sam said 'At the time I wasn't thinking about the things I was saying. I thought the victim was being very rude, but again, there is ways of speaking to people and two wrongs don't make a right. In future I will be careful with my choice of words and not react that way.'

He said he now understands how 'words can affect the person and not just that person it could affect their family members friends kids, and also other people in the community, it's helped me understand how hurtful things said can be to everyone involved...'

Sam reflected that 'Anger gets you nowhere it doesn't help the situation at all it's best to be calm. Bad things happen when you lose your temper and bad things are said. Controlling my anger and getting help for it will be my priority going forward'

'From the sessions I have done, it does show you how to be calmer. I used to think 'I'll treat people how they treat me' but I want to change that so I remain calmer in situations. I have definitely learnt from this course.'

Participant B:

Max engaged with the Hate Crime Intervention well and shared his difficulties around managing his emotions. He was able to identify that this, paired with pressure from others contributed to his behaviour. He worked on identifying his emotions as he recognised that he tends to show anger when he is actually feeling something else. We talked about how this can impact how others see him and in turn the type of support he might miss out on, he has now communicated this with his Mum which is positive. Max acknowledged that his actions were wrong and he felt remorseful. As a result of the Hate Crime intervention, Max said 'I have learned that my anger will pass, but the hurt and damage that I may cause when I am angry will last a lot longer...from this session I have learned different methods to help me calm down when I am angry'.

Max said he had come to understand 'that our differences do not define us. Being different can be a good thing.'