

# THE TRAUMATIC IMPACT OF HATE-BIAS INCIDENTS AND HATE CRIMES

## The Traumatic Impact of Hate-Bias Incidents and Hate Crimes

Racial trauma is one term used to describe the physical and psychological symptoms that people of Color often experience after exposure to particularly stressful experiences of racism (Carter, 2007). **This includes hate-bias incidents and hate crimes.**

Identity trauma is used to describe the physical and psychological symptoms that people often experience after exposure to particularly stressful experiences related to a marginalized identity (race, nationality, gender, sexual orientation, religion). **This also includes hate-bias incidents and hate crimes.**

Here are some signs that someone might be experiencing racial and identity:

**Avoiding situations that remind you of the incident**

**Negative changes in beliefs and feelings**

**Increased Arousal**

**Decreased Mental Functioning: Persons may struggle with recalling details of the incident or other basic information**

**Confusion**

**Denial**

**Anger or rage**

**Grief or intense sorrow**

**Anxiety**

Other signs that may manifest more long term include:

**Major depression.**

**Thoughts of suicide and suicide attempts. Use and abuse of alcohol and other drugs.**

**Ongoing problems with relationships.**

**A changing view of the world as a safe place.**