RESPOND:

2) Waves of Harm video – 3.57min

Script	Image
Person 1 : Kia ora, in this video, we're watching , speak about the waves of harm that online hate can spread across entire communities.	Person 1 to camera
Person 2 : Also in the online space, I've had hateful messages. They were quite white supremacist type messages. He's attacking who I am because of my ethnicity, because of my faith, and he's letting me know that he's watching me, he's investigating me.	Person 2 to camera
Person 1 : While to some this might not register as a threat; we have to think about context. The context for fear is the extreme violence of March 15 th .	Person 1 to camera

Person 2: I mean after 15th March I already made up my Person 2 to camera mind that one day I'm going to die, I don't know, anybody could kill me now. And I'm not going to stop what I'm doing because of that, if I die I die. So, I've kind of made my own peace with that. But even then, it still, the anxiety and the stress, it still triggers that. Person 2: But I didn't tell my community or anyone because I know if they see this, they're also going to feel afraid because he's attacked my ethnicity and my religion. Person 1: knows that fear spreads quickly throughout communities. These waves of harm ripple out from an individual, to a whanau, to a community and beyond, into our society. Trying to protect their loved ones from these waves of harm can leave victims of hate crime, and those impacted by hate incidents, feeling isolated and alone, managing high levels of stress and anxiety. By Harm to protecting the ones they love, and others targeted lose access to the support networks usually available to them. Person 2: I didn't tell my parents, I didn't tell my children, Person 2 to camera

and so that means that the support that I might have normally had, I can't have it. I mean it is, it's really isolating, because you can't offload that anxiety because you don't want the other people that you're close to living in fear as well. Right? If my children are living in the same house as me, or my parents are living 5 minutes away and their address can be found as well, I don't want them not going about their daily affairs.

