

What is conversion therapy?

The police are also investigating conversion therapy, which refers to criminal acts where methods are applied with the aim of making someone change, deny, or suppress their sexual orientation or gender identity, and which are clearly likely to cause psychological harm to the individual.

What should you do if you become a victim of hate crime?

- **Seek safety first** – Get somewhere safe and contact someone you trust.
- **Call the police** – If it is an emergency, dial 112. If you are not in imminent danger, you can contact the police on 02800.
- **Write down what happened** – Record the time and place, exactly what was said and done, and who was present.
- **Preserve evidence** – Save any messages, photos or videos. Do not delete anything until you have spoken to the police.
- **Talk to someone** – The Support Centre for Crime Victims can offer you support you throughout the process. Telephone: 800 40 008
- **Contact us** – who can advise you and offer guidance, also before filing a report with the police.
- Contact organisations that work for groups with protected characteristics in respect of hate crime.



The National Hate Crime Expertise Unit

Do you need advice?

Contact the National Hate Crime Expertise Unit for advice and guidance. If you want, you can contact the Unit before making a report to the police.

- Telephone: 47488797
- E-mail: oslo.hatkriminalitet@politiet.no

Please note:

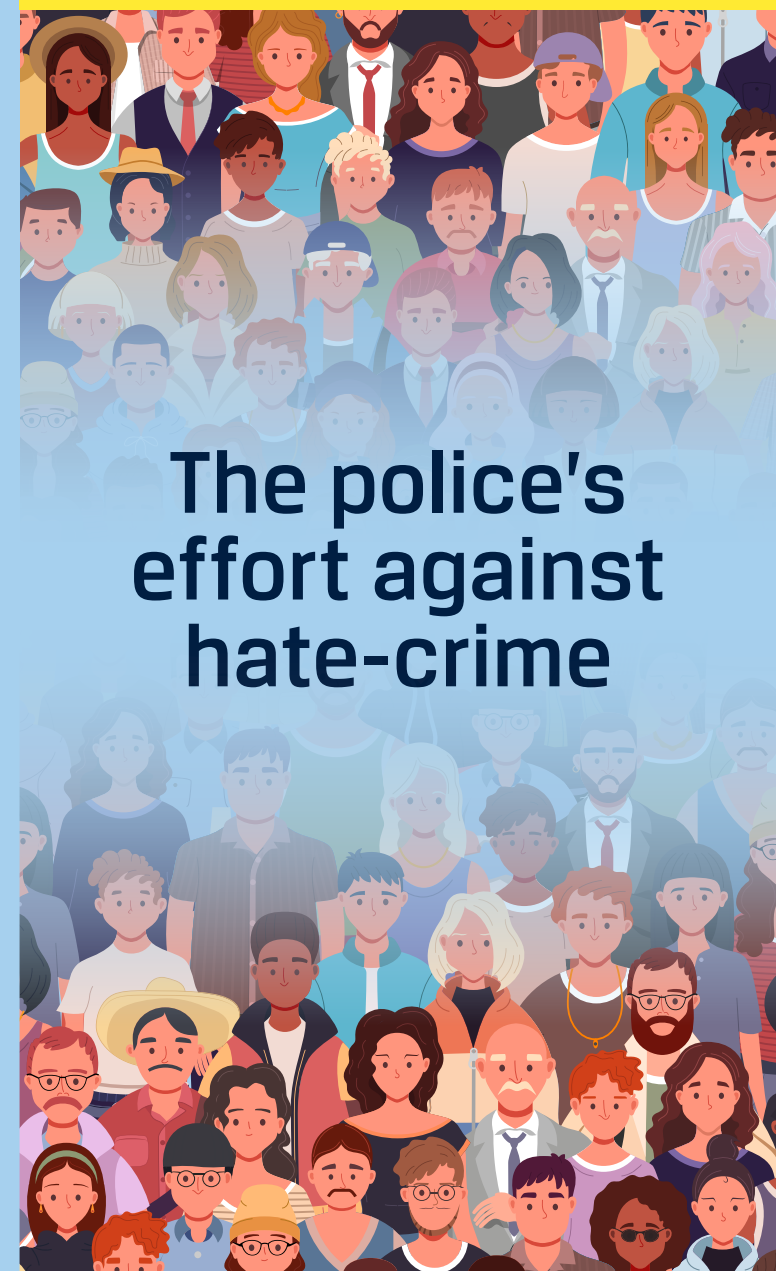
- On weekdays, the service is only open during daytime. In case of imminent danger, call the police emergency number 112.



We're here to help.



POLITIET
OSLO POLITIDISTRIKT



**The police's
effort against
hate-crime**

The police's work to fight hate crime

The police have a unit called the 'National Hate Crime Expertise Unit' which covers all of Norway and is located in Oslo. This Unit of specialists has been tasked with assisting all police districts in Norway with developing capabilities and providing advice and guidance in criminal cases. All police districts have points of contact for handling hate crime cases.

What is hate crime?

What feels like hate is not necessarily hate crime in the sense of the law. The definition of hate crime used by the police builds on the wording in the Norwegian legislation.

Hate crime are criminal offences that are wholly or partly based on another person's:

- skin colour or national or ethnic origin
- religion or life stance
- sexual orientation
- gender identity or gender expression
- disability

If the criminal offence is unrelated to any of the above-mentioned protected characteristics, it does not constitute hate crime. It may be a criminal offence but it will not be covered by the term hate crime.

What to do if you become a victim of hate crime?

If you experience hate crime, it is important to report it. This is what you can do:

Contact the police: Call 02800 or visit your local police station

Tip off the police online: Hate speech can be tipped off to the police online, using [politiet.no/tips](https://www.politiet.no/tips)

Get help from the Support Centre for Crime Victims:

You can call the Support Centre on 800 40 008 (free of charge). They can help you with:

- information and guidance on how to make a police report
- follow-up mental health support
- offer support all the way from making a report to the police until the case has been settled
- witness support before, during and after trial
- information about the compensation for victims of violent crime scheme

You can read more about the support centres

<https://www.politiet.no/kontakt-politiet/stottesenter-for-kriminalitetsutsatte/>

How to tell if an incident constitutes hate crime?

The criminal offence must be linked to one of the protected characteristics.

Signs that something may be hate-motivated include:

- You were attacked or subjected to a criminal offence because you belong to a certain group
- The perpetrator made derogatory or hateful statements targeting one of the protected characteristics
- The incident occurred in a place or on a date that is symbolically important for your group, e.g. during Ramadan
- There is no other obvious reason for the act
- You or witnesses to the incident perceive the incident to be hate-motivated.
- You know that the perpetrator has displayed similar attitudes in the past.

You don't need to be sure – if in doubt, contact the police.

