

Table 1: Participant characteristics

N = 3,035. Missing values are not presented.

Note: * denotes a question that participants could select multiple responses to.

	<i>n</i>	%
Gender Identity		
Man	1427	47.02
Woman	1552	51.14
Non-binary, agender, or gender diverse	27	0.89
Trans man	9	0.30
Trans woman	4	0.13
Two-Spirit	5	0.16
Other or I prefer not to mention	11	0.36
Racial Identity*		
Black (African, Afro-Caribbean, African Canadian Descent)	242	7.97
East Asian (Chinese, Korean, Japanese, Taiwanese descent)	290	9.56
Southeast Asian (Filipino, Vietnamese, Cambodian, Thai, Indonesian)	81	2.67
Indigenous (First Nations, Métis, Inuk/Inuit)	251	8.27
Latino (Latin American, Hispanic descent)	41	1.35
Middle Eastern (e.g. Arab, Afghan, Egyptian, Iranian, Lebanese)	178	5.86
South Asian (e.g. Indian, Pakistani, Bangladeshi, Sri Lankan, etc.)	235	7.74
White (European descent)	1864	61.42
Other racial categories	88	2.90
Religion		
Atheist	215	7.08
Buddhist	50	1.65
Christian	1255	41.35
Hindu	80	2.64
Jewish	228	7.51
Muslim	235	7.74
No religious affiliation	800	26.36
Sikh	14	0.46
Traditional (Indigenous) Spirituality	53	1.75
Other	103	3.39
Age		
18-25	357	11.76
25-34	456	15.02
35-44	477	15.72
45-54	566	18.65
55-64	536	17.66
65+	643	21.19
Physical or Mental Disability		
Yes	458	15
Unsure	68	2.24
No	2470	81.38
Political Orientation		
Extremely Conservative	103	3.39
Moderately Conservative	352	11.60
Slightly Conservative	346	11.40
Neither Liberal nor Conservative	807	26.59
Extremely Liberal	262	8.63
Moderately Liberal	803	26.46
Slightly Liberal	359	11.83
Income Level		
130,0001 and above	562	18.52
80,0001 to 13000	786	25.90
45,001 to 80,000	759	25.01
Less than 45,000	642	21.15
I prefer not to answer	219	7.22
No income	48	1.58

Table 8: Average frequency of experiencing hate in the past 3 years across sexual orientations

Note: 2SLGBTQIA+ includes asexual, bisexual, gay, lesbian, pansexual, queer, questioning, and Two-Spirit responses.

Sexual Orientations	n	M	SD
2SLGBTQIA+	376	2.93	1.526
Heterosexual / Straight	2,566	2.33	1.406

Table 9: Details of participants' experiences of hate over the past 3 years across sexual orientations

Note: Participants could select multiple responses to these questions. 2SLGBTQIA+ includes asexual, bisexual, gay, lesbian, pansexual, queer, questioning, and Two-Spirit responses.

Note: ^an = 377, ^bn = 2,571.

Top 5 Places Where Hate Was Experienced

	n	%
2SLGBTQIA+^a		
1. Social media	118	31.3
2. At your job / work	103	27.3
3. Public areas such as parks and sidewalks	95	25.2
4. Attending social or community gatherings	94	24.9
5. Attending school or classes	82	21.8
Heterosexual / Straight^b		
1. Social media	498	19.4
2. At your job / work	455	17.7
3. Public areas such as parks and sidewalks	425	16.5
4. Interacting with your neighbours	358	13.9
5. Attending social or community gatherings	331	12.9

Top 5 Reasons for the Hate

	n	%
2SLGBTQIA+^a		
1. Race	100	26.5
2. Sexual orientation	94	24.9
3. Physical appearance	91	24.1
4. Gender	90	23.9
5. Ethnicity / culture	78	20.7
Heterosexual / Straight^b		
1. Race	638	24.8
2. Ethnicity / culture	474	18.4
3. Age	341	13.3
4. Physical appearance	317	12.3
5. Beliefs about social or political issues	282	11

Top 5 Types of Hate Experienced

	n	%
2SLGBTQIA+^a		
1. Mocking or belittlement	182	48.3
2. Verbal threat or abuse	142	37.7
3. Offensive comments posted on social media or other online platforms	123	32.6
4. Bullying, harassment, and intimidation	91	24.1
5. Physical threat or abuse	54	14.3
Heterosexual / Straight^b		
1. Mocking or belittlement	747	29.1
2. Verbal threat or abuse	585	22.8
3. Offensive comments posted on social media or other online platforms	388	15.1
4. Bullying, harassment, and intimidation	330	12.8
5. Profiled, watched, or being followed	204	7.9

Top 5 Impacts of Hate

	n	%
2SLGBTQIA+^a		
1. Felt angry or resentful	140	37.1
2. Felt alienated / isolated / unwelcome	132	35
3. Felt anxious	117	31
4. Suffered from lower self-esteem and self-confidence	101	26.8
5. Felt targeted	95	25.2
Heterosexual / Straight^b		
1. Felt angry or resentful	713	27.7
2. Felt alienated / isolated / unwelcome	585	22.8
3. Felt anxious	520	20.2
4. Felt targeted	426	16.6
5. Felt a sense of injustice	408	15.9

Top 5 Coping Methods

	n	%
2SLGBTQIA+^a		
1. Engaged in self-care	136	36.1
2. Avoided certain people, situations, or spaces that trigger trauma	87	23.1
3. Suppressed emotions	82	21.8
4. Focused on personal strengths and resilience	79	21
5. Withdrew from places/spaces I would normally go/use	71	18.8
Heterosexual / Straight^b		
1. Engaged in self-care	533	20.7
2. Focused on personal strengths and resilience	438	17
3. Avoided certain people, situations, or spaces that trigger trauma	369	14.4
4. Suppressed emotions	291	11.3
5. Withdrew from places/spaces I would normally go/use	264	10.3

Table 10: Average frequency of experiencing hate in the past 3 years for those who did and did not identify as Black

Group	n	M	SD
Black	242	2.73	1.399
Non-Black	2,786	2.4	1.444

Table 11: Details regarding hate experienced by participants who did and did not identify as Black.

Comparisons were made via Chi-square analyses. Odds ratios (OR) have been calculated for comparisons deemed to be statistically significant ($\alpha = .05$).

Note: Participants could select multiple responses to these questions. ^a $n = 242$. ^b $n = 2,786$.

	Black ^a		Non-Black ^b		Comparison Statistics			
	<i>n</i>	%	<i>n</i>	%	χ^2	<i>df</i>	<i>p</i>	OR
Modality of Hate								
Online	69	28.5	858	30.7	0.511	1	0.475	--
In-Person	158	65.3	1,214	43.5	42.82	1	<.001	2.446
Top 5 Places of Hate Reported by Black Participants								
At your job / work	84	34.7	492	17.6	42.327	1	<.001	2.486
Public areas, such as parks and sidewalks	63	26	474	17	12.558	1	<.001	1.722
Attending school or classes	61	25.2	281	10.1	51.093	1	<.001	3.013
Applying for jobs or promotions	59	24.4	346	12.4	27.696	1	<.001	2.28
Stores, banks, or restaurants	56	23.1	341	12.2	23.406	1	<.001	2.165
Top 5 Reasons of Hate Reported by Black Participants								
Race	161	66.5	598	21.4	241.733	1	<.001	7.296
Ethnicity or culture	92	38	485	17.4	61.688	1	<.001	2.919
Physical appearance	55	22.7	367	13.1	17.1	1	<.001	1.944
Gender	43	17.8	325	11.6	7.86	1	0.005	1.641
Age	42	17.4	386	13.8	2.298	1	0.13	--
Top 5 Types of Hate Reported by Black Participants								
Mocking or belittlement	85	35.1	870	31.1	1.631	1	0.201	--
Verbal threat or abuse	80	33.3	678	24.3	9.168	1	0.002	1.54
Offensive comments posted on social media or other online platforms	58	24	464	16.6	8.457	1	0.004	1.582
Profiled, watched, or being followed	52	21.5	201	7.2	59.524	1	<.001	3.529
Bullying, harassment, and intimidation	40	16.5	401	14.4	0.846	1	0.358	--
Top 5 Impacts of Hate Reported by Black Participants								
Felt angry or resentful	95	39.3	771	27.6	14.826	1	<.001	1.695
Felt alienated / isolated / unwelcome	84	34.7	660	23.6	14.776	1	<.001	1.718
Suffered from lower self-esteem and self-confidence	63	26	459	16.4	14.409	1	<.001	1.79
Experienced discrimination	59	24.4	401	14.4	17.398	1	<.001	1.923
Felt targeted	57	23.6	480	17.2	6.201	1	0.013	1.485
Felt a sense of injustice	57	23.6	442	15.8	9.682	1	0.002	1.639
Top 5 Coping Strategies Reported by Black Participants								
Engaged in self-care	88	36.4	608	21.8	26.842	1	<.001	2.054
Focused on personal strengths and resilience	82	33.9	451	16.1	48.393	1	<.001	2.661
Avoid certain people, situations, or spaces that trigger trauma	51	21.1	418	15	6.36	1	0.012	1.517
Focused on positive change to address hate	43	17.8	239	8.6	22.421	1	<.001	2.309
Suppressed emotions	40	16.5	343	12.3	3.645	1	0.056	--

Table 12: Average frequency of experiencing hate in the past 3 years for those who did and did not identify as East Asian

Group	n	M	SD
East Asian	289	2.55	1.279
Non-East Asian	2,739	2.41	1.459

Table 13: Details regarding hate experienced by participants who did and did not identify as East Asian.

Comparisons were made via Chi-square analyses. Odds ratios (OR) have been calculated for comparisons deemed to be statistically significant ($\alpha = .05$).

Note. Participants could select multiple responses to these questions. ^a $n = 289$. ^b $n = 2,739$.

	East Asian ^a		Non-East Asian ^b		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	χ^2	<i>df</i>	<i>p</i>	
Modality of Hate*								
Online	79	27.2	848	30.9	1.648	1	0.199	--
In-Person	161	55.5	1,211	44.1	13.763	1	<.001	1.581
Top 5 Places of Hate Reported by East Asian Participants								
Public areas, such as parks and sidewalks	67	23.1	470	17.1	6.444	1	0.011	1.454
Stores, banks, or restaurants	48	16.6	349	12.7	3.398	1	0.065	--
Social media	46	15.9	588	21.4	4.904	1	0.027	0.692
Applying for jobs or promotions	38	13.1	367	13.4	0.016	1	0.899	--
Attending school or classes	37	12.8	305	11.1	0.712	1	0.399	--
Top 5 Reasons of Hate Reported by East Asian Participants								
Race	157	54.1	602	21.9	145.074	1	<.001	4.202
Ethnicity or culture	100	34.5	477	17.4	49.845	1	<.001	2.502
Gender	24	8.3	344	12.5	4.459	1	0.035	0.63
Age	24	8.3	404	14.7	8.985	1	0.003	0.523
Physical appearance	22	7.6	400	14.6	10.692	1	0.001	0.481
Top 5 Types of Hate Reported by East Asian Participants								
Mocking or belittlement	91	31.4	864	31.5	0.001	1	0.973	--
Verbal threat or abuse	79	27.2	679	24.7	0.879	1	0.349	--
Offensive comments posted on social media or other online platforms	39	13.4	483	17.6	3.168	1	0.075	--
Bullying, harassment, and intimidation	27	9.3	414	15.1	7.035	1	0.008	0.578
Profiled, watched, or being followed	20	6.9	233	8.5	0.87	1	0.351	--
Top 5 Impacts of Hate Reported by East Asian Participants								
Felt alienated/ isolated/ unwelcome	83	28.6	661	24.1	2.922	1	0.087	--
Felt angry or resentful	76	26.2	790	28.8	0.851	1	0.356	--
Felt targeted	67	23.1	470	17.1	6.444	1	0.011	1.454
Experienced discrimination	60	20.7	400	14.6	7.634	1	0.006	1.529
Felt anxious	55	19	602	21.9	1.36	1	0.244	--
Top 5 Coping Strategies Reported by East Asian Participants								
Engaged in self-care	66	22.8	630	23	0.005	1	0.941	--
Focused on personal strengths and resilience	39	13.4	494	18	3.747	1	0.053	--
Suppressed emotions	37	12.8	346	12.6	0.006	1	0.94	--
Avoided certain people, situations, or spaces that trigger trauma	35	12.1	434	15.8	2.811	1	0.094	--
Denied or ignored experiences of hate	30	10.3	231	8.4	1.242	1	0.265	--

Table 14: Average frequency of experiencing hate in the past 3 years for those who did and did not identify as Indigenous.

Group	n	M	SD
Indigenous	251	3.08	1.543
Non-Indigenous	2,777	2.37	1.419

Table 15: Details regarding hate experienced by participants who did and did not identify as Indigenous.

Comparisons were made via Chi-square analyses. Odds ratios (OR) have been calculated for comparisons deemed to be statistically significant ($\alpha = .05$).

Note: Participants could select multiple responses to these questions. ^a $n = 251$. ^b $n = 2,777$.

	Indigenous ^a		Non-Indigenous ^b		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	χ^2	<i>df</i>	<i>p</i>	
Modality of Hate*								
Online	113	45	814	29.2	27.03	1	<.001	1.982
In-Person	155	61.8	1217	43.7	30.247	1	<.001	2.079
Top 5 Places of Hate Reported by Indigenous Participants								
Social media	90	35.9	544	19.5	37.091	1	<.001	2.302
Attending social or community gatherings	76	30.3	361	13	55.985	1	<.001	2.915
At your job / work	75	29.9	501	18	21.15	1	<.001	1.942
Interacting with your neighbours	70	27.9	365	13.1	40.951	1	<.001	2.563
Public areas, such as parks and sidewalks	65	25.9	472	17	12.643	1	<.001	1.712
Top 5 Reasons of Hate Reported by Indigenous Participants								
Indigenous identity	105	41.8	64	2.3	684.347	1	<.001	30.565
Physical appearance	66	26.3	356	12.8	35.091	1	<.001	2.433
Vaccination status	62	24.7	192	6.9	95.177	1	<.001	4.429
Beliefs about social/ political issues	57	22.7	303	10.9	30.798	1	<.001	2.406
Race	55	21.9	704	25.3	1.398	1	0.237	--
Top 5 Types of Hate Reported by Indigenous Participants								
Mocking or belittlement	130	51.8	825	29.6	52.426	1	<.001	2.551
Verbal threat or abuse	109	43.4	649	23.3	49.715	1	<.001	2.525
Offensive comments posted on social media or other online platforms	77	30.7	445	16	34.903	1	<.001	2.326
Bullying, harassment, and intimidation	64	25.5	377	13.5	26.503	1	<.001	2.185
Profiled, watched, or being followed	48	19.1	205	7.4	41.671	1	<.001	2.975
Top 5 Impacts of Hate Reported by Indigenous Participants								
Felt angry or resentful	104	41.4	762	27.4	22.331	1	<.001	1.877
Felt alienated / isolated / unwelcome	102	40.6	642	23.1	38.441	1	<.001	2.284
Suffered from lower self-esteem and self-confidence	92	36.7	430	15.4	72.717	1	<.001	3.168
Felt anxious	85	33.9	572	20.5	24.079	1	<.001	1.98
Felt targeted	75	29.9	462	16.6	27.906	1	<.001	2.142
Top 5 Coping Strategies Reported by Indigenous Participants								
Engaged in self-care	79	31.5	617	22.2	11.296	1	<.001	1.613
Focused on personal strengths and resilience	69	27.5	464	16.7	18.63	1	<.001	1.896
Avoided certain people, situations, or spaces that triggered trauma	68	27.1	401	14.4	28.369	1	<.001	2.208
Suppressed emotions	66	26.3	317	11.4	46.407	1	<.001	2.776
Withdrew from places/spaces that I would normally go/use	58	23.1	285	10.2	38.047	1	<.001	2.635

Table 16: Average frequency of experiencing hate in the past 3 years for those who did and did not identify as Jewish

Group	n	M	SD
Jewish	228	2.34	1.429
Non-Jewish	2,798	2.43	1.443

Table 17: Details regarding hate experienced by participants who did and did not identify as Jewish.

Comparisons were made via Chi-square analyses. Odds ratios (OR) have been calculated for comparisons deemed to be statistically significant ($\alpha = .05$).

Note. Participants could select multiple responses to these questions. ^a $n = 228$. ^b $n = 2,798$.

	Jewish ^a		Non-Jewish ^b		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	χ^2	<i>df</i>	<i>p</i>	
Modality of Hate*								
Online	70	30.7	856	30.5	0.003	1	0.954	--
In-Person	88	38.6	1284	45.8	4.387	1	0.036	0.745
Top 5 Places of Hate Reported by Jewish Participants								
Social media	50	21.9	583	20.8	0.168	1	0.682	--
Attending social or community gatherings	37	16.2	399	14.2	0.688	1	0.407	--
Public areas, such as parks and sidewalks	34	14.9	502	17.9	1.291	1	0.256	--
Interacting with your neighbours	29	12.7	406	14.5	0.529	1	0.467	--
At your job / work	27	11.8	549	19.6	8.19	1	0.004	0.552
Comment sections	27	11.8	207	7.4	5.897	1	0.015	1.686
Top 5 Reasons of Hate Reported by Jewish Participants								
Religion or creed	81	35.5	187	6.7	218.018	1	<.001	7.714
Ethnicity or culture	48	21.1	529	18.9	0.659	1	0.417	--
Beliefs about social/political issues	23	10.1	337	12	0.748	1	0.387	--
Age	22	9.6	405	14.4	3.998	1	0.046	0.633
Race	21	9.2	738	26.3	32.861	1	<.001	0.284
Top 5 Types of Hate Reported by Jewish Participants								
Verbal threat or abuse	54	23.7	703	25.1	0.214	1	0.644	--
Mocking or belittlement	43	18.9	911	32.5	18.137	1	<.001	0.483
Offensive comments posted on social media or other online platforms	42	18.4	479	17.1	0.268	1	0.605	--
Hate motivated rallies and demonstration to promote hate speech or hate messages	27	11.8	72	2.6	57.451	1	<.001	5.099
Religious vandalism or desecration	27	11.8	115	4.1	28.323	1	<.001	3.142
Top 5 Impacts of Hate Reported by Jewish Participants								
Felt angry or resentful	68	29.8	797	28.4	0.206	1	0.65	--
Felt alienated / isolated / unwelcome	44	19.3	699	24.9	3.603	1	0.058	--
Felt anxious	44	19.3	613	21.9	0.812	1	0.368	--
Felt targeted	42	18.4	495	17.6	0.087	1	0.768	--
Felt a sense of injustice	35	15.4	463	16.5	0.205	1	0.651	--
Top 5 Coping Strategies Reported by Jewish Participants								
Engaged in self-care	36	15.8	660	23.5	7.144	1	0.008	0.609
Focused on personal strengths and resilience	30	13.2	502	17.9	3.274	1	0.07	--
Avoided certain people, situations, or spaces that trigger trauma	30	13.2	438	15.6	0.976	1	0.323	--
Suppressed emotions	20	8.8	362	12.9	3.273	1	0.07	--
Engaged in activism	19	8.3	144	5.1	4.245	1	0.039	1.68
Focused on positive change to address hate	19	8.3	262	9.3	0.254	1	0.614	--

Table 18: Average frequency of experiencing hate in the past 3 years for those who did and did not identify as Muslim.

Group	n	M	SD
Muslim	235	2.57	1.461
Non-Muslim	2,791	2.41	1.440

Table 19: Details regarding hate experienced by participants who identified as Muslim vs. those who did not identify as Muslim.

Comparisons were made via Chi-square analyses. Odds ratios have been calculated for comparisons deemed to be statistically significant ($\alpha = .05$).

Note. Participants could select multiple responses to these questions. ^a $n = 235$. ^b $n = 2,791$.

	Muslim ^a		Non-Muslim ^b		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	χ^2	<i>df</i>	<i>p</i>	
Modality of Hate*								
Online	63	26.8	863	30.8	1.664	1	0.197	--
In-Person	129	54.9	1243	44.4	9.591	1	0.002	1.522
Top 5 Places of Hate Reported by Muslim Participants								
At your job / work	53	22.6	523	18.7	2.101	1	0.147	--
Applying for jobs or promotions	52	22.1	352	12.6	17.115	1	<.001	1.975
Attending school or classes	49	20.9	293	10.5	23.344	1	<.001	2.252
Public areas, such as parks and sidewalks	48	20.4	488	17.4	1.327	1	0.249	--
Attending social or community gatherings	43	18.3	393	14	3.185	1	0.074	--
Top 5 Reasons of Hate Reported by Muslim Participants								
Race	96	40.9	663	23.7	34.007	1	<.001	2.224
Ethnicity or culture	90	38.3	487	17.4	61.428	1	<.001	2.945
Religion/creed	63	26.8	205	7.3	102.145	1	<.001	4.633
Physical appearance	34	14.5	387	13.8	0.074	1	0.786	--
Clothing	30	12.8	184	6.6	12.666	1	<.001	2.079
Top 5 Types of Hate Reported by Muslim Participants								
Mocking or belittlement	66	28.1	888	31.7	1.341	1	0.247	--
Verbal threat or abuse	55	23.4	702	25.1	0.329	1	0.566	--
Bullying, harassment, or intimidation	43	18.3	397	14.2	2.951	1	0.086	--
Offensive comments posted on social media or other online platforms	36	15.3	485	17.3	0.618	1	0.432	--
Religious vandalism or desecration	32	13.6	110	3.9	45.573	1	<.001	3.852
Top 5 Impacts of Hate Reported by Muslim Participants								
Felt alienated / isolated / unwelcome	62	26.4	681	24.3	0.49	1	0.484	--
Felt angry or resentful	62	26.4	803	28.7	0.57	1	0.45	--
Suffered from lower self-esteem and self-confidence	46	19.6	476	17	0.999	1	0.318	--
Felt anxious	43	18.3	614	21.9	1.699	1	0.192	--
Experienced discrimination	42	17.9	418	14.9	1.45	1	0.229	--
Top 5 Coping Strategies Reported by Muslim Participants								
Engaged in self-care	65	27.7	631	22.6	3.199	1	0.074	--
Focused on personal strengths and resilience	44	18.7	488	17.4	0.246	1	0.62	--
Avoided certain people, situations, or spaces that trigger trauma	29	12.3	439	15.7	1.864	1	0.172	--
Suppressed emotions	28	11.9	354	12.7	0.107	1	0.744	--
Denied or ignored experiences of hate	26	11.1	235	8.4	1.958	1	0.162	--
Withdrew from places/spaces I would normally go/use	26	11.1	317	11.3	0.015	1	0.902	--

Table 20: Average level of agreement that hate is prevalent in various sectors of society

Sector	n	M	SD
Law enforcement	3,016	5.05	1.654
Business	3,018	4.82	1.542
Government	3,015	4.73	1.632
Places of worship & religious organizations	3,019	4.67	1.689
Education	3,010	4.63	1.636
Social services	3,016	4.51	1.617
Health	3,027	4.33	1.669
Non-profit & volunteer organizations	3,016	4	1.517