

# 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>	%
<b>Gender Identity</b>		
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
<b>Racial Identity*</b>		
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
<b>Religion</b>		
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
<b>Age</b>		
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
<b>Physical or Mental Disability</b>		
Yes	458	15
Unsure	68	2.24
No	2470	81.38
<b>Political Orientation</b>		
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
<b>Income Level</b>		
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 2: Details of participants' experiences of hate over the past 3 years

Note. \* denotes a question that participants could select multiple responses to. N = 3,035.

	n	%
<b>Frequency of Experiencing Hate</b>		
Never	1,061	34.96
Rarely	810	26.69
Occasionally	387	12.75
Sometimes	459	15.12
Often	201	6.62
Very Often	110	3.62
<b>Number of Times Hate Was Experienced</b>		
1-3	1,315	43.33
4-6	334	11
7-10	110	3.62
11+	193	6.36
<b>Modality of Hate*</b>		
Online	927	30.54
In-Person	1,372	45.21
<b>Top 10 Places Where Hate Was Experienced*</b>		
1. Social media	635	20.92
2. At a job/work	576	18.98
3. Public areas (e.g., parks, sidewalk)	537	17.69
4. Attending social/community gatherings	437	14.4
5. Interacting with neighbours	435	14.33
6. Applying for jobs/promotions	405	13.34
7. Stores, banks & restaurants	397	13.08
8. Attending school/classes	342	11.27
9. Public transit (buses & trains)	305	10.05
10. Looking for housing	236	7.78
<b>Top 10 Reasons for the Hate*</b>		
1. Race	759	25.01
2. Ethnicity/culture	577	19.01
3. Age	428	14.1
4. Physical appearance	422	13.9
5. Gender	368	12.13
6. Beliefs about social/political issues	360	11.86
7. Income level	274	9.03
8. Religion/creed	268	8.83
9. Vaccination status	254	8.37
10. Clothing	214	7.05
<b>Top 10 Types of Hate Experienced*</b>		
1. Mocking/belittlement	955	31
2. Verbal threat/abuse	758	25
3. Offensive comments on social media/online platfo	522	17
4. Bullying, harassment & intimidation	441	15
5. Profiled/watched/followed	253	8
6/7. Physical threat/abuse	236	8
6/7. Intentional denial of opportunities	236	8
8. Online hate speech to cause physical/financial har	176	6
9. Online harassment, cyberbullying & cyberstalking	168	6
10. Offensive/altered images/videos posted on social	151	5
<b>Did the Hate Break Any Laws?</b>		
Yes	282	9.29
No	921	30.35
Unsure	657	21.65
<b>Number of Perpetrators*</b>		
Perpetrator was an individual	1,693	55.78
Perpetrator was a group	515	16.97
<b>Familiarity with the Perpetrator(s)*</b>		
Knew the perpetrator in-person	695	22.9
Knew the perpetrator online	272	8.96
Perpetrator was a stranger	1,350	44.48
<b>Relationship with the Perpetrator(s) if Known*</b>		
Acquaintance/colleague	358	11.8
Authority figure	218	7.18
Friend	168	5.54
Family member/extended family member/relative	120	3.95
Subordinate	99	3.26
Significant other	60	1.98
<b>Was the Hate Witnessed?</b>		
Yes	856	28.2
No	1,059	34.89
<b>If Witnessed, Was the Hate Intervened Upon?</b>		
Yes	199	6.56
No	651	21.45
<b>Top 10 Impacts of Hate*</b>		
1. Felt angry/resentful	866	28.53
2. Felt alienated/isolated/unwelcome	744	24.51
3. Felt anxious	657	21.65
4. Felt targeted	537	17.69
5. Suffered from low self-esteem	522	17.2
6. Felt a sense of injustice	499	16.44
7. Experienced discrimination	460	15.16
8. Felt depressed	443	14.6
9. Felt vulnerable	408	13.44
10. Had trust issues	376	12.39
<b>Top 10 Coping Methods*</b>		
1. Engaged in self-care	696	22.93
2. Focused on personal strengths & resilience/practic	533	17.56
3. Avoided certain people/spaces/situations that trig	469	15.45
4. Suppressed emotions	383	12.62
5. Withdrew from places/spaces that I would normal	343	11.3
6. Focused on positive change to address hate	282	9.29
7. Built social connections	278	9.16
8. Denied/ignored experiences of hate	261	8.6
9. Engaged in self-blame	198	6.52
10. Responded to self/others with anger/aggression	196	6.46
10. Escaped from reality by using excessive TV & soci	196	6.46

### Table 3: Who, if anyone, participants told about their experiences and the associated outcome(s).

Note. Participants could select multiple responses to this question. N = 3,035.

Source of Support	Outcome: I told them		Outcome: They were helpful		Outcome: They made things worse		Outcome: They did nothing	
	n	%	n	%	n	%	n	%
Family/relatives	774	25.5	558	18.39	102	3.36	493	16.24
Friends	659	21.71	569	18.75	69	2.27	459	15.12
Authority figure (e.g., employer, teacher)	217	7.15	213	7.02	128	4.22	741	24.42
Acquaintances/colleagues	307	10.12	260	8.57	95	3.13	680	22.41
Community/social group	150	4.94	238	7.84	94	3.1	683	22.5
Online platform/tech company	147	4.84	153	5.04	100	3.29	745	24.55
Police	118	3.89	156	5.14	80	2.64	750	24.71

## Table 4: Average frequency of experiencing hate in the past 3 years across age groups

Age in Years	n	M	SD
18-24	355	3.03	1.399
25-34	452	2.69	1.438
35-44	477	2.68	1.491
45-54	566	2.49	1.483
55-64	535	2.19	1.401
65+	643	1.86	1.183

## Table 5: Details of participants' experiences of hate over the past 3 years across age groups

Note. Participants could select multiple responses to these questions. <sup>a</sup>n = 357, <sup>b</sup>n = 456, <sup>c</sup>n = 477, <sup>d</sup>n = 566, <sup>e</sup>n = 536, <sup>f</sup>n = 643

### Top 5 Places Where Hate Was Experienced

	n	%
<b>18-24. Years Old<sup>a</sup></b>		
1. Attending school or classes	150	42
2. Social media	104	29.1
3. Attending social or community gatherings	93	26.1
4. Public areas, such as parks and sidewalks	88	24.6
5. At your job / work (e.g., from supervisors or colleagues)	87	24.4
<b>25-34. Years Old<sup>b</sup></b>		
1. At your job / work (e.g., from supervisors, colleagues, etc.)	120	26.3
2. Social media	113	24.8
3. Applying for jobs or promotions	100	21.9
4. Public areas, such as parks and sidewalks	98	21.5
5. Attending school or classes	76	16.7
<b>35-44 Years Old<sup>c</sup></b>		
1. At your job / work (e.g., from supervisors, colleagues, etc.)	128	26.8
2. Social media	116	24.3
3. Public areas, such as parks and sidewalks	110	23.1
4. Interacting with neighbours	88	18.4
5. Attending social or community gatherings	81	17
<b>45-54 Years Old<sup>d</sup></b>		
1. Social media	126	22.3
2. At your job / work	113	20
3. Interacting with your neighbours	95	16.8
4. Public areas, such as parks and sidewalks	91	16.1
5. Attending social or community gatherings	80	14.1
<b>55-64 Years Old<sup>e</sup></b>		
1. At your job / work (e.g., from your supervisor, colleagues, etc.)	86	16
2. Social media	84	15.7
3. Public areas such as parks and sidewalks	83	15.5
4. Interacting with your neighbours	73	13.6
5. Stores, banks, or restaurants	65	12.1
<b>65+ Years Old<sup>f</sup></b>		
1. Social media	91	14.2
2. Public areas such as parks and sidewalks	67	10.4
3/4. Interacting with your neighbours	63	9.8
3/4. Attending social or community gatherings	63	9.8
5. Stores, banks, or restaurants	61	9.5

### Top 5 Reasons for the Hate

	n	%
<b>18-24 Years Old<sup>a</sup></b>		
1. Race	148	41.5
2. Ethnicity or culture	104	29.1
3. Physical appearance	93	26.1
4/5. Gender	81	22.7
4/5. Age	81	22.7
<b>25-34 Years Old<sup>b</sup></b>		
1. Race	166	36.4
2. Ethnicity or culture	124	27.2
3. Physical appearance	92	20.2
4. Age	77	16.9
5. Gender	72	15.8
<b>35-44 Years Old<sup>c</sup></b>		
1. Race	148	31
2. Ethnicity or culture	112	23.5
3. Beliefs about social/political issues	71	14.9
4. Physical appearance	67	14
5. Gender	57	11.9
<b>45-54 Years Old<sup>d</sup></b>		
1. Race	138	24.4
2. Ethnicity or culture	102	18
3. Physical appearance	82	14.5
4. Gender	78	13.8
5. Beliefs about social/political issues	72	12.7
<b>55-64 Years Old<sup>e</sup></b>		
1. Race	94	17.5
2. Ethnicity or culture	77	14.4
3. Age	75	14
4. Physical appearance	51	9.5
5. Beliefs about social/political issues	49	9.1
<b>65+ Years Old<sup>f</sup></b>		
1. Age	90	14
2. Beliefs about social/political issues	70	10.9
3. Race	65	10.1
4. Ethnicity or culture	58	9
5. Religion/creed	54	8.4

### Top 5 Types of Hate Experienced

	n	%
<b>18-24 Years Old<sup>a</sup></b>		
1. Mocking or belittlement	171	47.9
2. Verbal threat or abuse	132	37
3. Offensive comments posted on social media or other online platforms	93	26.1
4. Bullying, harassment, and intimidation	71	19.9
5. Physical threat or abuse	53	14.8
<b>25-34 Years Old<sup>b</sup></b>		
1. Mocking or belittlement	175	38.4
2. Verbal threat or abuse	133	29.2
3. Offensive comments posted on social media or other online platforms	90	19.7
4. Bullying, harassment, and intimidation	74	16.2
5. Profiled, watched, or being followed	57	12.5
<b>35-44 Years Old<sup>c</sup></b>		
1. Mocking or belittlement	162	34
2. Verbal threat or abuse	135	28.3
3. Offensive comments posted on social media or other online platforms	113	23.7
4. Bullying, harassment, and intimidation	80	16.8
5. Profiled, watched, or being followed	55	11.5
<b>45-54 Years Old<sup>d</sup></b>		
1. Mocking or belittlement	183	32.3
2. Verbal threat or abuse	146	25.8
3. Offensive comments posted on social media or other online platforms	102	18
4. Bullying, harassment, or intimidation	91	16.1
5. Profiled, watched, or being followed	55	9.7
<b>55-64 Years Old<sup>e</sup></b>		
1. Mocking or belittlement	139	25.9
2. Verbal threat or abuse	119	22.2
3. Bullying, harassment, and intimidation	69	12.9
4. Offensive comments posted on social media or other online platforms	67	12.5
5. Intentional denial of opportunities	44	8.2
<b>65+ Years Old<sup>f</sup></b>		
1. Mocking or belittlement	125	19.4
2. Verbal threat or abuse	93	14.5
3. Offensive comments posted on social media or other online platforms	57	8.9
4. Bullying, harassment, and intimidation	56	8.7
5. Intentional denial of opportunities	26	4

### Top 5 Impacts of Hate

	n	%
<b>18-24 Years Old<sup>a</sup></b>		
1. Felt alienated / isolated / unwelcome	132	37
2. Felt angry or resentful	120	33.6
3. Suffered from lower self-esteem and self-confidence	110	30.8
4. Felt anxious	105	29.4
5. Felt targeted	83	23.2
<b>25-34 Years Old<sup>b</sup></b>		
1. Felt alienated / isolated / unwelcome	158	34.6
2/3. Felt angry or resentful	127	27.9
2/3. Felt anxious	127	27.9
4. Suffered from lower self-esteem and self-confidence	105	23
5. Experienced discrimination	94	20.6
<b>35-44 Years Old<sup>c</sup></b>		
1. Felt angry or resentful	163	34.2
2. Felt alienated / isolated / unwelcome	142	29.8
3. Felt anxious	126	26.4
4/5. Felt targeted	99	20.8
4/5. Experienced discrimination	99	20.8
<b>45-54 Years Old<sup>d</sup></b>		
1. Felt angry or resentful	183	32.3
2. Felt anxious	139	24.6
3. Felt alienated / isolated / unwelcome	129	22.8
4. Felt a sense of injustice	115	20.3
5. Felt targeted	101	17.8
<b>55-64 Years Old<sup>e</sup></b>		
1. Felt angry or resentful	133	24.8
2. Felt alienated / isolated / unwelcome	102	19
3. Felt targeted	92	17.2
4. Felt anxious	86	16
5. Suffered from lower self-esteem and self-confidence	84	15.7
<b>65+ Years Old<sup>f</sup></b>		
1. Felt angry or resentful	140	21.8
2. Felt a sense of injustice	90	14
3. Felt alienated / isolated / unwelcome	81	12.6
4/5. Felt anxious	74	11.5
4/5. Felt targeted	74	11.5

### Top 5 Coping Methods

	n	%
<b>18-24 Years Old<sup>a</sup></b>		
1. Engaged in self-care	123	34.5
2. Focused on personal strengths and resilience	79	22.1
3. Suppressed emotions	69	19.3
4. Built social connections	56	15.7
5. Denied or ignored experiences of hate	50	14
5. Engaged in self-blame	50	14
<b>25-34 Years Old<sup>b</sup></b>		
1. Engaged in self-care	137	30
2. Focused on personal strengths and resilience	95	20.8
3. Avoided certain people, situations, or spaces that trigger trauma	75	16.4
4. Suppressed emotions	68	14.9
5. Withdrew from places/spaces I would normally go/use	62	13.6
<b>35-44 Years Old<sup>c</sup></b>		
1. Engaged in self-care	122	25.6
2. Avoided certain people, situations, or spaces that trigger trauma	85	17.8
3. Focused on personal strengths and resilience	84	17.6
4. Suppressed emotions	69	14.5
4/5. Withdrew from places/spaces I would normally go/use	69	14.5
<b>45-54 Years Old<sup>d</sup></b>		
1. Engaged in self-care	130	23
2. Avoided certain people, situations, or spaces that trigger trauma	110	19.4
3. Focused on personal strengths and resilience	106	18.7
4. Suppressed emotions	81	14.3
5. Withdrew from places/spaces I would normally go/use	67	11.8
<b>55-64 Years Old<sup>e</sup></b>		
1. Engaged in self-care	97	18.1
2. Focused on personal strengths and resilience	85	15.9
3. Avoided certain people, situations, or spaces that trigger trauma	81	15.1
4. Withdrew from places/spaces I would normally go/use	65	12.1
5. Suppressed emotions	53	9.9
<b>65+ Years Old<sup>f</sup></b>		
1. Engaged in self-care	87	13.5
2. Focused on personal strengths and resilience	84	13.1
3. Avoid certain people, situations, or spaces that trigger trauma	70	10.9
4. Focused on positive change to address hate	44	6.8
5. Supressed emotions	43	6.7

## Table 6: Average frequency of experiencing hate in the past 3 years across genders

Note. Non-cisgender includes non-binary, agender, or gender diverse; trans men; trans women; and Two-Spirit responses.

Gender	n	M	SD
Men	1,421	2.47	1.482
Women	1,551	2.35	1.386
Non-cisgender	45	3.6	1.514

### Table 7: Details of participants' experiences of hate over the past 3 years across genders

Note: Participants could select multiple responses to these questions. Non-cisgender includes non-binary, agender, or gender diverse; trans men; trans women; and Two-Spirit responses.

Note: <sup>a</sup>n = 1,427, <sup>b</sup>n = 1,552, <sup>c</sup>n = 45.

#### Top 5 Places Where Hate Was Experienced

	n	%
<b>Men<sup>a</sup></b>		
1. Social media	312	21.9
2. Public areas such as parks and sidewalks	242	17
3. At your job / work	231	16.2
4. Attending social or community gatherings	199	13.9
5. Interacting with your neighbours	197	13.8
<b>Women<sup>b</sup></b>		
1. At your job / work	327	21.1
2. Social media	298	19.2
3. Public areas such as parks and sidewalks	277	17.8
4. Interacting with your neighbours	230	14.8
5. Stores, banks, or restaurants	228	14.7
<b>Non-Cisgender<sup>c</sup></b>		
1. Social media	23	51.1
2. Attending school or classes	19	42.2
3/4. At your job/work	17	37.8
3/4. Attending social or community gatherings	17	37.8
5. Public areas such as parks and sidewalks	16	35.6

#### Top 5 Reasons for the Hate

	n	%
<b>Men<sup>a</sup></b>		
1. Race	404	28.3
2. Ethnicity or culture	282	19.8
3. Beliefs about social/political issues	192	13.5
4. Age	183	12.8
5. Physical appearance	171	12
<b>Women<sup>b</sup></b>		
1. Race	349	22.5
2. Ethnicity or culture	285	18.4
3. Gender	244	15.7
4. Age	238	15.3
5. Physical appearance	234	15.1
<b>Non-Cisgender<sup>c</sup></b>		
1. Gender	26	57.8
2. Sexual orientation	25	55.6
3. Physical appearance	16	35.6
4. Physical or mental disability	14	31.1
5/6. Ethnicity or culture	9	20
5/6. Beliefs about social/political issues	9	20

#### Top 5 Types of Hate Experienced

	n	%
<b>Men<sup>a</sup></b>		
1. Mocking or belittlement	438	30.7
2. Verbal threat or abuse	356	24.9
3. Offensive comments posted on social media or other online platforms	255	17.9
4. Bullying, harassment, and intimidation	192	13.5
5. Physical threat or abuse	123	8.6
<b>Women<sup>b</sup></b>		
1. Mocking or belittlement	480	30.9
2. Verbal threat or abuse	374	24.1
3. Offensive comments posted on social media or other online platforms	243	15.7
4. Bullying, harassment, and intimidation	231	14.9
5. Intentional denial of opportunities	129	8.3
<b>Non-Cisgender<sup>c</sup></b>		
1. Mocking or belittlement	32	71.1
2. Verbal threat or abuse	25	55.6
3. Offensive comments posted on social media or other online platforms	22	48.9
4. Bullying, harassment, and intimidation	17	37.8
5. Physical threat or abuse	12	26.7

#### Top 5 Impacts of Hate

	n	%
<b>Men<sup>a</sup></b>		
1. Felt angry or resentful	391	27.4
2. Felt alienated / isolated / unwelcome	311	21.8
3. Felt anxious	248	17.4
4. Felt targeted	239	16.7
5. Felt a sense of injustice	220	15.4
<b>Women<sup>b</sup></b>		
1. Felt angry or resentful	454	29.3
2. Felt alienated / isolated / unwelcome	400	25.8
3. Felt anxious	390	25.1
4. Suffered from lower self-esteem and self-confidence	294	18.9
5. Felt targeted	277	17.8
<b>Non-Cisgender<sup>c</sup></b>		
1. Felt alienated / isolated / unwelcome	29	64.4
2. Felt targeted	19	42.2
3/4/5/6.Felt angry or resentful	18	40
3/4/5/6.Felt anxious	18	40
3/4/5/6.Felt depressed	18	40
3/4/5/6.Experienced discrimination	18	40

#### Top 5 Coping Methods

	n	%
<b>Men<sup>a</sup></b>		
1. Engaged in self-care	297	20.8
2. Focused on personal strengths and resilience	221	15.5
3. Avoided certain people, situations, or spaces that trigger trauma	178	12.5
4. Suppressed emotions	175	12.3
5. Withdrew from places/spaces I would normally go/use	143	10
<b>Women<sup>b</sup></b>		
1. Engaged in self-care	377	24.3
2. Focused on personal strengths and resilience	302	19.5
3. Avoided certain people, situations, or spaces that trigger trauma	273	17.6
4. Suppressed emotions	194	12.5
5. Withdrew from places/spaces I would normally go/use	185	11.9
<b>Non-Cisgender<sup>c</sup></b>		
1. Engaged in self-care	21	46.7
2. Engaged in self-blame	16	35.6
3/4. Avoided certain people, situations, or spaces that trigger trauma	15	33.3
3/4. Withdrew from places/spaces I would normally go/use	15	33.3
5. Suppressed emotions	14	31.1

## 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: <sup>a</sup>n = 377, <sup>b</sup>n = 2,571.

### Top 5 Places Where Hate Was Experienced

	n	%
<b>2SLGBTQIA+<sup>a</sup></b>		
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
<b>Heterosexual / Straight<sup>b</sup></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	%
<b>2SLGBTQIA+<sup>a</sup></b>		
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
<b>Heterosexual / Straight<sup>b</sup></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	%
<b>2SLGBTQIA+<sup>a</sup></b>		
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
<b>Heterosexual / Straight<sup>b</sup></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	%
<b>2SLGBTQIA+<sup>a</sup></b>		
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
<b>Heterosexual / Straight<sup>b</sup></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	%
<b>2SLGBTQIA+<sup>a</sup></b>		
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
<b>Heterosexual / Straight<sup>b</sup></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. <sup>a</sup> $n = 242$ . <sup>b</sup> $n = 2,786$ .

	Black <sup>a</sup>		Non-Black <sup>b</sup>		Comparison Statistics			
	<i>n</i>	%	<i>n</i>	%	$\chi^2$	<i>df</i>	<i>p</i>	OR
<b>Modality of Hate</b>								
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
<b>Top 5 Places of Hate Reported by Black Participants</b>								
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
<b>Top 5 Reasons of Hate Reported by Black Participants</b>								
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	--
<b>Top 5 Types of Hate Reported by Black Participants</b>								
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	--
<b>Top 5 Impacts of Hate Reported by Black Participants</b>								
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
<b>Top 5 Coping Strategies Reported by Black Participants</b>								
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. <sup>a</sup> $n = 289$ . <sup>b</sup> $n = 2,739$ .

	East Asian <sup>a</sup>		Non-East Asian <sup>b</sup>		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	$\chi^2$	<i>df</i>	<i>p</i>	
<b>Modality of Hate*</b>								
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
<b>Top 5 Places of Hate Reported by East Asian Participants</b>								
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	--
<b>Top 5 Reasons of Hate Reported by East Asian Participants</b>								
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
<b>Top 5 Types of Hate Reported by East Asian Participants</b>								
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	--
<b>Top 5 Impacts of Hate Reported by East Asian Participants</b>								
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	--
<b>Top 5 Coping Strategies Reported by East Asian Participants</b>								
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. <sup>a</sup> $n = 251$  . <sup>b</sup> $n = 2,777$  .

	Indigenous <sup>a</sup>		Non-Indigenous <sup>b</sup>		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	$\chi^2$	<i>df</i>	<i>p</i>	
<b>Modality of Hate*</b>								
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
<b>Top 5 Places of Hate Reported by Indigenous Participants</b>								
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
<b>Top 5 Reasons of Hate Reported by Indigenous Participants</b>								
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	--
<b>Top 5 Types of Hate Reported by Indigenous Participants</b>								
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
<b>Top 5 Impacts of Hate Reported by Indigenous Participants</b>								
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
<b>Top 5 Coping Strategies Reported by Indigenous Participants</b>								
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. <sup>a</sup> $n = 228$  . <sup>b</sup> $n = 2,798$  .

	Jewish <sup>a</sup>		Non-Jewish <sup>b</sup>		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	$\chi^2$	<i>df</i>	<i>p</i>	
<b>Modality of Hate*</b>								
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
<b>Top 5 Places of Hate Reported by Jewish Participants</b>								
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
<b>Top 5 Reasons of Hate Reported by Jewish Participants</b>								
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
<b>Top 5 Types of Hate Reported by Jewish Participants</b>								
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
<b>Top 5 Impacts of Hate Reported by Jewish Participants</b>								
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	--
<b>Top 5 Coping Strategies Reported by Jewish Participants</b>								
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. <sup>a</sup> $n = 235$ . <sup>b</sup> $n = 2,791$ .

	Muslim <sup>a</sup>		Non-Muslim <sup>b</sup>		Comparison Statistics			OR
	<i>n</i>	%	<i>n</i>	%	$\chi^2$	<i>df</i>	<i>p</i>	
<b>Modality of Hate*</b>								
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
<b>Top 5 Places of Hate Reported by Muslim Participants</b>								
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	--
<b>Top 5 Reasons of Hate Reported by Muslim Participants</b>								
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
<b>Top 5 Types of Hate Reported by Muslim Participants</b>								
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
<b>Top 5 Impacts of Hate Reported by Muslim Participants</b>								
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	--
<b>Top 5 Coping Strategies Reported by Muslim Participants</b>								
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