

STOP HATE UK

Registered Charity No. 1062692

Challenging Hate. Supporting People. Empowering Communities.

Training & Education Course Catalogue

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Who We Are

Stop Hate UK is an independent charity with over 30 years of experience in hate crime prevention, support, and education. We were founded on the principle that hate, in all its forms, causes serious harm to individuals, communities, and society, and that challenging it requires sustained, evidence-based effort across every sector.

Our work spans frontline victim support through our 24/7 hate crime reporting helpline, through to specialist training and education, research, and consultancy. We have worked with thousands of organisations across the public, private, and voluntary sectors, and with hundreds of thousands of individuals, including children and young people.

We are not simply a training provider. We are practitioners, researchers, and advocates who bring lived experience, academic rigour, and real-world expertise into every session we deliver.

Our team brings together backgrounds in academia, hate crime victim support, law, policing, digital safety, communications, and public affairs. We are a diverse team, and lived experience directly informs how we develop and deliver our content. This means our training is not theoretical, it is grounded in the realities of hate crime and discrimination as it is actually experienced.

Our Approach

Our training goes beyond the surface of hate crime awareness. We address the full landscape of hate and discrimination, (its roots, its causes, and its effects), and we do so within safe, structured learning environments that prioritise curiosity, reflection, and solution-finding.

The Pyramid of Harm

We use the Pyramid of Harm as a core framework to help participants understand how hate operates across a spectrum, from everyday language, stereotyping, and slurs at its base, through to discrimination in policy and practice, physical violence, and at its extreme, genocide. Understanding this continuum helps participants see that the most visible forms of hate do not occur in isolation; they are enabled and normalised by what happens at every level below them.

The Psychology of Hate and Discrimination

We explore the psychological processes that underpin prejudice and discrimination, including unconscious bias, in-group and out-group thinking, dehumanisation, and the social conditions that

allow hatred to take hold. This understanding helps participants not just to identify hate when they see it, but to understand why it happens and how it can be interrupted.

Socio-Cultural and Political Context

Hate crime and discrimination do not exist in a vacuum. Our training situates these issues within their wider socio-cultural and political context, exploring how history, media, political discourse, and structural inequality shape the environments in which hate flourishes. We do this rigorously and without political bias, giving participants the analytical tools to think critically and act effectively.

Safe Spaces and Critical Thinking

All of our sessions are delivered within a framework of psychological safety. We create learning environments in which participants feel able to ask questions, examine assumptions, and engage honestly with difficult topics, without fear of judgement. Our facilitation approach is rooted in critical thinking, evidence, and a commitment to solutions. We are not in the business of blame; we are in the business of understanding and change.

What We Offer

Our training and education offer falls into three interconnected areas: off-the-shelf courses that can be delivered to any audience and adapted to your sector; bespoke and tailored sessions co-developed with you around your specific context and needs; and organisational support to help you build or strengthen the systems, processes, and culture needed to prevent and respond to hate.

Off-the-Shelf Courses

Ready-to-deliver sessions covering the key topics in hate crime, discrimination, and inclusion — adapted to your sector and audience.

Bespoke Sessions

Co-developed training built around your organisation, your team, and the specific issues you are facing — designed from the ground up.

Organisational Support

Strategic and operational support to help you develop, improve, and embed effective hate crime prevention and response across your organisation.

All of our courses and sessions are available online or face-to-face. We work across all sectors, including education, health and social care, policing and criminal justice, local and central government, housing, transport, business and corporate, sport, and community organisations.

Off-the-Shelf Courses

The following courses are ready to deliver and can be adapted to suit your sector, audience, and context. Each session uses a mix of expert-led presentation, case studies, scenario-based learning, small-group discussion, and Q&A. Duration can be flexed: shorter introductory sessions or extended half-day and full-day formats are available on request.

Hate Crime Awareness Training

A foundational course covering what hate crime is, how it is defined in law, the protected characteristics it covers, and how it differs from other criminal offences. The session explores the real-world impact of hate crime on victims, communities, and society, and equips participants to recognise, respond to, and report it. This is our most versatile course: it is regularly adapted for educators, healthcare professionals, corporate teams, housing providers, local government, police and community partners, and many more. It can also be delivered to community groups and members of the public.

Duration	1 - 3 hours (adaptable)
Delivery	Online or face-to-face
Suitable For	All sectors and audiences - adaptable to any organisational context

Understanding Systemic and Structural Discrimination

This session examines how discrimination operates not just at the level of individual behaviour, but within the structures, systems, and institutions that shape everyday life. Drawing on recent events, from the Windrush scandal to the murder of George Floyd and the emergence of movements such as Black Lives Matter, it explores how discrimination becomes embedded and normalised, and what individuals and organisations can do to uproot it. Participants develop a deeper understanding of structural inequality and leave with concrete, reflective frameworks for action.

Duration	2.5 hours
Delivery	Online or face-to-face
Suitable For	All sectors - particularly valuable for managers, leaders, HR professionals, and policy-makers

Free Speech vs. Hate Speech: What is Lawful, What is Appropriate, and What is Not?

One of the most contested debates of our time, and one of our most in-demand courses. This session explores the legal and ethical boundaries between the right to free speech and the harms caused by hate speech, with particular focus on the online space. Participants examine relevant legislation, the concept of protected characteristics, and the responsibilities that accompany freedom of expression. The course addresses how unconscious bias, media

bias, and disinformation shape opinion, and gives participants tools to identify and respond appropriately to hate speech they encounter.

Duration	2 - 3 hours
Delivery	Online or face-to-face. Also available as a public webinar - see our Eventbrite page to book
Suitable For	All sectors and audiences

Discrimination and Response in Education

Designed for educators and education professionals, this session equips participants to recognise all forms of hate and discrimination in educational settings, including racism, Islamophobia, antisemitism, homophobia, transphobia, ableism, and more, and to respond effectively and confidently. The session moves beyond awareness to give participants practical guidance: how to address discriminatory language and behaviour, how to support affected students, how to challenge the perpetrator constructively, and how to build a genuinely inclusive ethos across the whole organisation.

Duration	1.5 - 2 hours
Delivery	Online or face-to-face
Suitable For	Educators, school staff, pastoral leads, safeguarding leads, student union officers, college and university staff

Discrimination and Responsibility

Aimed at young people and students, this workshop brings the reality of discrimination to life through discussion, case studies, and interactive activities. Participants explore how discrimination operates in their everyday environments, in school, online, and in their communities, and develop the knowledge and confidence to recognise it, challenge it safely, and seek support or report when needed. The session can be focused on one or two specific forms of discrimination (for example, racism and Islamophobia, or homophobia and transphobia) or delivered as a broader exploration of all forms of hate.

Duration	1 hour (extendable)
Delivery	Online or face-to-face. Classroom-style with partner discussion, card sorts, case studies, and Q&A
Suitable For	Young people - primary school, secondary school, and college students. Can be adapted for youth workers and youth organisations
Note	Can be tailored to address one, two, or multiple forms of discrimination depending on need.

Migration and Diversity: Historical Perspectives and British Society

This workshop explores migration through a historical lens, examining how the movement of people has shaped British culture, identity, and society over centuries. It addresses common myths and misconceptions about refugees, asylum seekers, and migrants, and encourages participants to look beyond stereotypes to see the individual. The session explores the richness and diversity of British culture as a product of migration and challenges the negative portrayals that circulate in media and political discourse.

Duration	1 - 1.5 hours
Delivery	Online or face-to-face. Workshop-style: discussion, text-based enquiry, card sorts, case studies
Suitable For	Young people, community groups, educators. Also suitable for corporate and public sector teams

Anti-Migrant Hate

In recent years, hostility directed at migrants, refugees, and asylum seekers has intensified across the UK, amplified by political rhetoric, sensationalist media coverage, and the rapid spread of online misinformation. This course examines the roots and drivers of anti-migrant hate, how it manifests in everyday life and in the online space, and the serious harm it causes to individuals and communities. Participants explore the line between legitimate debate about migration policy and hate speech, the legal framework, and what they can do, in their workplace, their community, and online, to challenge anti-migrant hatred and support those who experience it.

Duration	1.5 hours
Delivery	Online or face-to-face. Includes myth-busting exercises, case studies, and small-group discussion
Suitable For	All sectors and audiences, particularly relevant for community organisations, housing, public services, and educational settings

Mis/Disinformation, AI-Generated Content and Media Literacy

In an era of rapidly evolving media and AI-generated content, the ability to critically evaluate information has never been more important, or more challenging. This session explores how misinformation and disinformation spread, how artificial intelligence is being used to create and amplify false or harmful content, and what the consequences are for individuals, communities, and democratic discourse. Participants develop practical media literacy skills: how to evaluate sources, identify manipulated content, and respond to misinformation without amplifying it.

Duration	1 - 1.5 hours
Delivery	Online or face-to-face. Includes live examples, case studies, and practical exercises
Suitable For	All audiences, particularly valuable in educational, corporate, and public sector settings

Online Hate, Echo Chambers and Algorithms: How Hate Manifests in the Online Space

This course examines the mechanics of online hate: how hateful content spreads and amplifies through algorithmic systems and echo chambers; how extremist ideologies are radicalised online; and what effective responses look like at individual, community, and platform level. Participants explore the specific harms of online hate to targeted individuals and communities, the legal framework around it, and the psychological and social dynamics that make people both susceptible to and active participants in online hostility. The session covers practical strategies for reporting, counter-messaging, and digital self-protection.

Duration	1.5 - 2 hours
Delivery	Online or face-to-face
Suitable For	All audiences - adaptable for young people, educators, corporate teams, community organisations, and professionals working in digital and communications roles

Misogyny and Gender-Based Hate

Misogyny - hostility, contempt, and prejudice directed at women and girls- is one of the most pervasive and normalised forms of hate in society. This course examines misogyny as a form of hate and discrimination, exploring how it manifests across a continuum from everyday microaggressions through to gender-based violence. The session addresses the rise of online misogyny and incel culture, the relationship between misogyny and other forms of hate, and what organisations and individuals can do to challenge it. The legal framework, including the Equality Act 2010, is covered alongside practical strategies for creating safer, more inclusive environments.

Duration	1.5 hours
Delivery	Online or face-to-face
Suitable For	All sectors and audiences

Age Discrimination and Ageism Awareness

Age discrimination is one of the most commonly experienced but least reported forms of discrimination in the UK. This course examines ageism across the life course — from the challenges faced by younger workers to the systemic disadvantages experienced by older people in employment, healthcare, and public life. Participants explore stereotypes and unconscious bias relating to age, the legal protections offered by the Equality Act 2010, and how organisations can build genuinely age-inclusive cultures. The intersection of age with other protected characteristics is also addressed.

Duration	1.5 hours
Delivery	Online or face-to-face
Suitable For	All sectors and audiences - particularly valuable for HR professionals, managers, and leaders

Anti-Muslim Hatred and Islamophobia Awareness

For many years, Muslim communities across the UK have reported the hate and discrimination they experience, on the street, in school, in the workplace, and online. Mainstream media reporting about Muslim communities has contributed to a climate of rising hostility, and the reports we receive at Stop Hate UK reflect this. This course explores what Islamophobia and anti-Muslim hatred look like in practice, how they are fuelled by media, politics, and online discourse, and what the real impact is on Muslim individuals and communities. Delivered by team members with lived experience of faith-related discrimination, the session covers the legal framework, the relationship between Islamophobia and other forms of hate, and how participants can recognise, challenge, and report anti-Muslim hatred.

Duration	1 - 1.5 hours
Delivery	Online or face-to-face. Includes small-group discussion, Q&A, and scenario-based learning
Suitable For	All sectors and audiences - particularly relevant for educational settings, employers, public services, and community organisations

Antisemitism Awareness

Antisemitism, hostility, prejudice, and discrimination directed at Jewish people, is one of the oldest and most persistent forms of hatred in the world, and reports of antisemitic incidents across the UK continue to rise. This course examines what antisemitism is and how it manifests: in language, in behaviour, in conspiracy theories, in political discourse, and in the online space. Participants explore the history and contemporary drivers of antisemitism, its intersection with other forms of hate and extremism, and its serious impact on Jewish communities in the UK. The session equips participants to recognise antisemitism in its various forms — including more subtle or contested manifestations — and to respond and report confidently.

Duration	1.5 hours
Delivery	Online or face-to-face. Includes case studies, small-group discussion, and Q&A
Suitable For	All sectors and audiences - particularly relevant for educational settings, employers, public services, housing, and community organisations

Anti-LGBT+ Hate

Homophobia, biphobia, and transphobia continue to drive significant levels of hate crime and discrimination across the UK, with LGBT+ people facing hostility in public spaces, in the workplace, in education, and online. This course examines how anti-LGBT+ hate manifests across the spectrum, from everyday microaggressions and exclusionary language through to physical violence and targeted online abuse, and explores the psychological, social, and political factors that sustain it. The session covers the legal protections for LGBT+ people under hate crime legislation and the Equality Act 2010, the specific experiences and vulnerabilities of different parts of the LGBT+ community, and how participants and their organisations can take meaningful action to challenge anti-LGBT+ hate and create genuinely inclusive environments.

Duration	1.5 hours
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Delivery	Online or face-to-face. Small-group discussion, case studies, Q&A, scenario-based learning
Suitable For	All sectors and audiences - particularly valuable for schools and colleges, employers, housing providers, health and social care, and sport organisations

Anti-Disability Hate

Disabled people are among the most frequently targeted groups for hate crime in the UK, yet disability hate crime remains significantly under-reported and poorly understood. This course examines what disability hate crime and disability-related hostility look like in practice, from verbal abuse and harassment through to exploitation, violence, and online targeting. It explores the attitudes and systemic factors that enable disability hate, including ableism and dehumanising language, and situates disability hate crime within the social model of disability. Participants leave with a clearer understanding of how to recognise hate directed at disabled people, how to respond, and how to report, as well as a stronger foundation for building more inclusive and protective environments. This course sits alongside our more specialist session on False Befriending and Mate Crime for those working closely with people with learning disabilities.

Duration	1.5 - 2 hours
Delivery	Online or face-to-face. Developed in consultation with disabled people and disability organisations
Suitable For	All sectors and audiences - particularly relevant for social care, housing, health, education, policing, and community organisations

Hate Crime Awareness and False Befriending – Learning Disability

People with learning disabilities are disproportionately likely to be victims of hate crime, and are often unaware they are being targeted or of the consequences of such targeting. One particularly harmful form is False Befriending, also known as Mate Crime, where a person with a learning disability is exploited by someone who poses as a friend. This course raises awareness of learning disability hate in a sensitive and supportive way, drawing on the social model of disability. It has been developed with direct input and consultation from disabled people. The session is equally relevant for support workers, carers, social services professionals, housing providers, and community organisations.

Duration	2 hours
Delivery	Online or face-to-face. Delivered in an accessible, supportive format with small-group discussion and scenario-based learning
Suitable For	Support workers, carers, social services, housing providers, community organisations - and members of the public with learning disabilities and their networks

Equality, Equity, Diversity and Inclusion (EEDI) Awareness

This course provides a clear, practical grounding in the principles of equality, equity, diversity, and inclusion, covering the Equality Act 2010 and the nine protected characteristics, an overview of discrimination and unconscious bias, and the business, legal, and moral case for EEDI. Participants explore what genuine inclusion looks like in practice

and how to identify and address gaps in their own organisation's approach. The session is regularly delivered to schools and educational settings, but is equally relevant for any organisation looking to strengthen its EEDI foundations.

Duration	1.5 hours
Delivery	Online or face-to-face
Suitable For	All sectors - particularly suitable for managers, leaders, governors, trustees, HR professionals, and policy leads

Becoming an Upstander: Standing Up to Discrimination

Bystanders are present at the vast majority of hate incidents, and research consistently shows that upstander intervention, when done safely, is one of the most effective ways of reducing harm and making targets feel supported. This session focuses on what it means to be an upstander, why bystanders often fail to act, and how to intervene safely and effectively in a range of situations, in person, online, and in the workplace. Real stories and case studies from the news and from Stop Hate UK's frontline experience are used throughout. Participants leave with a concrete set of strategies and a stronger sense of their own agency in challenging discrimination.

Duration	1 hour (extendable)
Delivery	Online or face-to-face. Workshop-style: partner discussion, case studies, scenario-based learning
Suitable For	All audiences - adaptable for young people, workplace teams, community groups, and professionals

Bespoke & Tailored Sessions

No two organisations are the same. The issues facing a secondary school in Bradford are not the same as those facing a housing association in London or a corporate firm in Edinburgh, and a one-size-fits-all training session rarely produces lasting change. That is why a significant part of our work involves designing sessions from the ground up, in close collaboration with our clients.

We look at the specific context of your sector, your organisation, and your team, the issues you are already facing, the incidents you have experienced, the policies and processes you have in place, and the outcomes you are trying to achieve. We then design a session or programme that speaks directly to that reality.

Bespoke sessions can draw on any of our off-the-shelf courses as a starting point, combining elements from multiple topics or going deeper into a single area. They can be designed for specific teams, roles, or communities within your organisation, or for your whole workforce. We can deliver a single session or design a multi-session programme over weeks or months.

Examples of Bespoke Work

- A multi-session hate crime awareness and response programme for a regional housing association, tailored to the specific types of hate incidents experienced by their residents and staff
- A series of workshops for a local authority, combining Hate Crime Awareness with systemic discrimination and EEDI, designed for different staff tiers from frontline workers to senior leadership
- A bespoke session on Islamophobia and Antisemitism for a university, developed in response to incidents on campus and informed by consultation with affected student communities
- A full-day programme for a NHS Trust combining hate crime awareness, unconscious bias, and trauma-informed response, adapted for clinical and non-clinical staff
- A workshop for a sports organisation exploring misogyny, online hate, and the responsibilities of clubs and governing bodies
- A young people's programme for a school combining Discrimination and Responsibility, Media Literacy, and Being an Upstander across three-year groups

Contact us to start the conversation. There is no obligation, we are always happy to discuss your needs and explore what a bespoke programme might look like for you.

Organisational Support

Training alone is rarely enough to produce lasting change in how an organisation prevents and responds to hate. We also work with organisations to develop and strengthen the structures, policies, processes, and culture that sit behind their training, because equipping people with knowledge is most effective when it is embedded in clear systems and genuine organisational commitment.

Hate Crime Strategy Development

We work with organisations to develop or review their hate crime strategy: a clear, coherent framework that sets out how the organisation defines hate, what it commits to preventing, how it will respond when incidents occur, and how it will monitor and report on its performance. A good hate crime strategy is not a compliance exercise; it is a genuine commitment to the communities an organisation serves.

This can include:

- Review and assessment of existing strategy, policy, and practice
- Facilitated workshops with leadership and staff to define values and commitments
- Development of a tailored hate crime strategy document
- Guidance on embedding the strategy across the organisation
- Implementation review and follow-up support

Hate Crime Reporting Processes

Many organisations struggle with under-reporting of hate incidents, because staff do not feel confident reporting, because reporting processes are inaccessible or poorly communicated, or because there is uncertainty about what constitutes a hate incident and what happens after a report is made. We help organisations design and implement clear, accessible, and trustworthy reporting processes that encourage victims and witnesses to come forward.

This can include:

- Mapping and review of existing reporting pathways
- Design of internal reporting systems and escalation procedures
- Staff training on receiving and recording hate incident reports
- Development of clear guidance and communication materials for staff and service users
- Third-party reporting options and links to external services including the Stop Hate Line

Trauma-Informed Support for Those Experiencing Hate

Hate crime and hate incidents cause significant psychological harm, often going far beyond the immediate incident. People who experience hate crime frequently report lasting effects

on their mental health, sense of safety, and willingness to engage with services or report future incidents. We provide training and consultancy to help organisations understand the impact of hate on those who experience it, and to develop trauma-informed approaches to support that are both compassionate and effective.

This can include:

- Training for frontline staff on the psychological impact of hate crime and trauma-informed responses
- Development of victim support pathways within the organisation
- Guidance on secondary traumatisation and staff wellbeing for those working with victims of hate
- Consultancy on links between hate crime support and wider safeguarding and well-being frameworks

Sectors We Work With

Our training and support has been delivered across a wide range of sectors. We bring sector-specific knowledge and language to everything we deliver, so sessions feel relevant and immediately applicable, not generic.

Education	Health & Social Care	Policing & Criminal Justice	Local & Central Government
Housing & Social Housing	Business & Corporate	Sport & Leisure	Community & Voluntary Sector

We also deliver training directly to community groups, to young people in schools and youth settings, and to members of the public through our webinar programme. If your sector is not listed above, please get in touch – we are experienced at adapting our work to new contexts.

How to Book

We want making contact with us to be as simple as possible. Whether you know exactly what you need or are still working out where to start, we are happy to talk it through.

Email	info@stophateuk.org
Website	www.stophateuk.org/training-and-education
Public Webinars	www.eventbrite.com/o/stop-hate-uk-109287276081

What to Include When You Get in Touch

- Your organisation name and the sector you work in
- A brief description of what you are looking for — even if it is still forming
- Your intended audience and approximate group size
- Whether you are thinking of a one-off session or something more sustained
- Any particular issues, incidents, or outcomes driving the need for training
- Whether you prefer online or face-to-face delivery
- Preferred timeframes or dates, if known

We will always respond to initial enquiries promptly. We are happy to arrange a no-obligation conversation to explore what the right programme might look like for you.