

YOU ARE POWERFUL—ACT

A bystander is anyone who sees something happen. An active bystander recognizes that a situation is not ok and who chooses to do something to help.

EVERYONE HAS THE POWER TO ACT.

ASSESS THE SITUATION

- Am I safe?
- Is someone else in danger?
- What is happening?
- Who is involved?
- Who is around?

CONSIDER YOUR OPTIONS

- What can you do to help?
- Will you comfort someone?
- Is there another way you can interrupt what is happening?
- Who can support you to act?

Every situation is different and there are different things you could do or say. I encourage you to practice some different ideas with a group of friends, with your youth group, your home group.

TAKE ACTION—TIPS AND TRICKS

There is no one way to act. Every situation is different and there are different things you could do or say. You could act as something happens or support someone afterwards. It can be helpful to think about who could support you if you do something.

Practice

Practicing different ideas on how to act can be helpful. Try:

- Writing down what you want to say or talking it through with a friend.
- If you try something and it doesn't feel right, try a different approach.

Address the behaviour, not the person

Focusing on the behaviour can make it seem less like a personal attack. Try saying 'those ideas aren't cool' instead of 'you're wrong'.

THINGS YOU COULD SAY

- Are you ok?"
- Stop yelling it isn't helpful
- Can I help?
- What is the problem?
- Please don't say that
- I wouldn't say that, why are you?
- Do you know this person?
- I'll make sure they get home safely
- Ask if she's ok
- Back up others: "What they said"
- Acknowledge what's happened: "I'm sorry they said that"

THINGS YOU COULD DO

- Pretend you know one of them
- Ask if they know where the nearest bathroom is
- Ask for directions
- Tell the person their friends are looking for them
- Roll your eyes
- Shake your head
- Don't laugh along
- Sit between the woman and the disrespectful person
- Purposely change the topic: 'Ooo-kaaay, let's move on?'
- Gently tease them: Are you still in the 1950s?!
- Ask them to stop: Mate, can you not? 'C'mon'

WHO CAN HELP YOU?

Call police on 111 if you scared for someone's safety

Can someone distract one person while someone else gets the other person help or away from the place'?

Can you get a bartender's or bouncer's attention and alert them to someone who's being predatory?