FIVE

WAYS TO BE AN ACTIVE BYSTANDER

1 DIRECT

"LEAVE THEM ALONE"

Call the person out for their behaviour and let them know it's not okay.

Best used when: Among friends or people you know.

2 DISTRACT

Interrupt by asking a question or starting a conversation. Try asking for directions or the time.



Best used when: You're unsure what the reaction might be to intervening directly.

3 DELEGATE



Ask someone else to help. This could be someone with authority or someone nearby.

Best used when: You need extra support.

4 DELAY

Are You Okay ?

Check they're okay or if they need any help afterwards.

Best used when: You feel uncomfortable intervening at the time.

5 DISAPPROVE



Send a clear signal you don't like what they're saying or doing. Try shaking your head.

Best used when: Among friends or people you know.

THE GOLDEN RULE

Only intervene if it's safe.

5Ds taken from Brook's Active Bystander Course for universities.
Find out more at brook.org.uk/bystander-training/

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STAND & STEP IN