



Be An Active Bystander

By being an active bystander, we can all play our part in challenging sexual harassment and abuse.

Many people see injustice all around them, but are often unsure about how to safely intervene. Here the ABC approach can help.

ASSESS

ASSESSMENT. Never try to intervene in a situation whereby you could be putting yourself at risk. If there is immediate danger, phone 999 and seek assistance.

BACK UP

BACK UP. Having other people with you, and being part of a group, is often safer than trying to intervene alone. If you are alone, seek out assistance from others around. For example, if you are in a bar, ask for support from a member of staff.

CARE

CARE AND COMPASSION. Never blame the victim for the abuse they are receiving. Check in with the person to see what they need, to offer further assistance, and to ensure that they are safe..

Remember, never put yourself in danger. In an emergency, phone 999.

#IT'S NOT ME, IT'S YOU!

#Stop victim blaming and stand up against sexual abuse.

Support the Campaign

www.rasamerseyside.org

The 4 Ds of safe intervention

After considering the ABC approach, you will have made an assessment as to whether or not it is safe to intervene. The four Ds are:

- Direct Action
- Distract
- Delegate
- Delay

DIRECT ACTION

Speak out and respond to negative behaviour. Do this in a calm way to avoid making the situation worse. Ask the person who has been subjected to the negative behaviour, if they are okay and if they would like further support.

DISTRACT

Find a reason to encourage the victim to come to you. For example say that you need to speak to them about something. By doing so, you will be providing a reason for them to leave the unsafe situation.

DELEGATE

If the situation requires further support, tell someone in authority, or ask someone for help.

DELAY

If it feels appropriate to do so, delay responding and wait for the situation to pass. It is never too late to report a situation and to check in with the victim.

Let's work together to live in a world free from rape, sexual harassment and abuse.