

See something, say something:

The power of active bystanders

When harassment occurs, even the smallest bystander actions can create a powerful change.

Be an active bystander, don't be late in intervening



Speak up:

If it's safe, call out inappropriate behaviour on the spot.



2

Step in:

Create a distraction to defuse the situation and give the victim space.



3

Support:

Check in with the person afterward—ask if they're okay and offer help.

Hey, I noticed earlier you seemed a bit uncomfortable. Are you okay?

I understand—I'm

here if you'd like

to talk about it or need support



4

Seek help:

Notify HR, a supervisor, or someone in authority if the situation escalates.



5

Stay aware:

Always be mindful of your surroundings and be aware of the boundaries of everyone around you.

