

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

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

1 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.



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.

