

**See something that
doesn't look or feel right?
Be an active bystander**

If you have experienced harassment or abuse,
support is available.



Scan here for more information:



Direct - Calmly speak out and respond to negative behaviour.

Distract - Find a reason to encourage the victim to come to you. For example, engage the person experiencing the harassment in conversation.

Delegate - If the situation requires further support, tell someone and ask for help.

Delay - If it feels appropriate to do so, delay responding but remember it's never too late to check in with a victim and report an incident later.

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