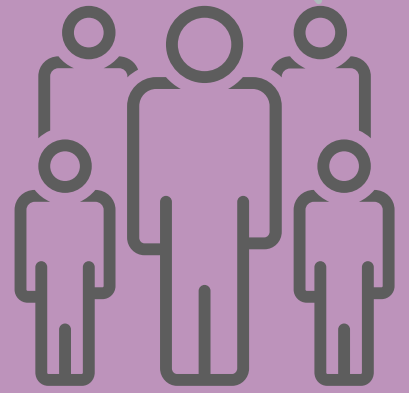


BYSTANDER INTERVENTION

When you are in an uncomfortable situation, here is how you can intervene and become an effective upstander and ally!



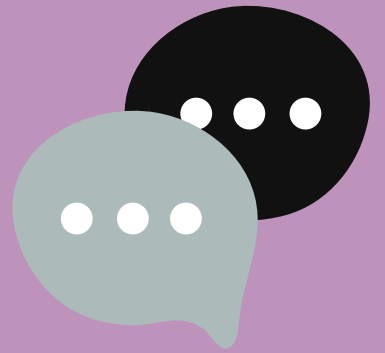
DOCUMENT

Keep a record, snap a photo or keep an eye on the situation to see if it escalates.



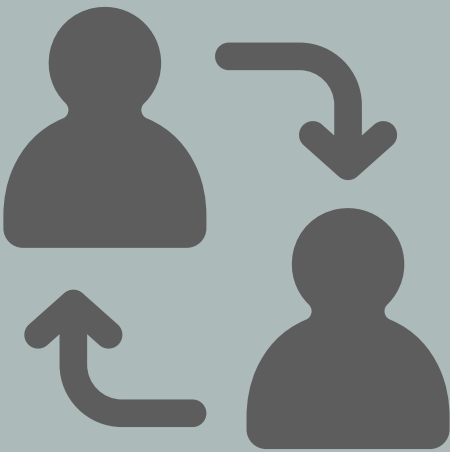
DIRECT

Approach either the person being targeted or the person doing the harassing and be direct by asking questions and supporting where needed.



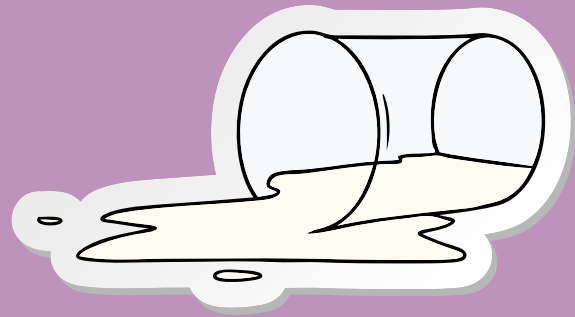
DELEGATE

Gather other people who can help; friend, security staff, family, colleague even just to validate your concerns.



DISTRACT

Think of a way to distract the people involved, either the person being targeted or the person doing the harassing.



**ALWAYS PRIORITIZE SAFETY
IN ANY SITUATION!**

The Centre has **24/7 Crisis Supports**
Online KawarthaSexualAssaultCentre.com

Phone 1-866-298-7778

Text 705-710-5234