

COULD YOU BE AN ACTIVE BYSTANDER?

What's on your mind on a night out? Having fun? Meeting new people? **Responding to sexual harassment or assault?**

Safer nightlife is about looking out for each other, so when someone experiences rude, creepy or violent behaviour, it's everyone's problem.

Build your skills to take a stand and make a difference.



**FOR SAFER
NIGHTLIFE**

SO WHAT'S AN ACTIVE BYSTANDER?

Someone who responds effectively to harmful behaviour and provides support to a person experiencing any type of harassment or assault.



1 Is it safe?

Assess the scene. Is it safe to intervene, or should you speak to staff or alert security? Avoid words or actions that could make it more dangerous for the person being targeted.

2 Check In

Try to ignore the harasser and check in with the person they've targeted first. If it's loud, try a thumbs up or making eye contact. Be neutral and friendly. You're showing that you're aware of the situation—not rushing in or taking over. If they don't need help, then no harm done!

3 Step In

Distract the harasser: disrupt their behaviour by interrupting it.

- ▶ Start a conversation... about anything!
- ▶ Get in the way. Dance between them or create a distraction
- ▶ Pretend you recognise or know the person being harassed
- ▶ Offer to walk away with them or call them over to join your table
- ▶ Give them an 'out' to leave a situation

4 Step Up

Use neutral body language if directly challenging a harasser. *'That's not okay.'* or *'Stop.'* Keep it short and clear—this is not a debate. Aggressive bystanders aren't helpful, so keep calm.

Let the person targeted take the lead on next steps—if they want to be left alone, always respect that!

AND
ALWAYS

Shape Up

If you ignore this behaviour because the harasser is someone you know, what message does this send? If you're challenging a friend about their words or actions for the first time, a one-on-one convo will be more effective than a group or public call out. Try naming the problem, the impact it's having, and how you think they could change. Be a role model.

Good Night Out Campaign is on a mission for safer nightlife. We believe nights out should be about fun and freedom, not fear. We help venues, bars, pubs, clubs and festivals to better understand, respond to and prevent sexual harassment and assault in their spaces.

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