

Active bystander training

Understanding how to safely reduce harm if you encounter prejudice, harassment, or violence

What is it?

An “active bystander” describes somebody taking positive action to prevent or reduce harm to others such as when they encounter prejudice, discrimination, harassment, or identity-based violence. Being an active bystander is everyone’s responsibility – whether in moments of acute danger or in the actions we take to tackle long-term injustices.

The Training:

Our interactive 2 hour online or in-person training, gives participants the confidence, tools, and strategies to safely take action when witnessing harm.

Led by experienced facilitators, the training blends discussion, guided reflection, and real-word scenarios to explore how all of us can play a role in building safer, more inclusive workplaces, communities and public spaces.

What is covered:

- What it really means to be an active bystander - exploring perspectives, responsibilities, and boundaries
- How to intervene safely - practical techniques and scenario-based learning, from discriminatory comments to public harassment.
- A.C.T - Address, Connect, Tell - Immediate tools for real-life situations
- Creating a culture of care - simple, everyday actions that help reduce harm in the long term.

Our Active Bystander training with Transport for London featured on BBC news

[Click here to watch](#)

Who we are:

This training is led by the charity [Protection Approaches](#) national leaders in the prevention of identity-based violence. We have delivered many hundreds of active bystander trainings with hundreds of organisations including through major partnerships with the [Football Association](#), [Transport for London](#), [the London Mayor](#), [Govia Thameslink Railway](#), and many others.

Contact us to find out more: education@protectionapproaches.org