

# Active bystander training

Understanding what to do if you witness prejudice, harassment, or violence

## What is it?

An “active bystander” describes somebody taking positive action prevent or reduce harm to others 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.

This interactive 3 hours online or in-person course is led by identity-based violence prevention charity, [Protection Approaches](#) and has been developed in partnership with the Britain’s East and Southeast Asian Network ([besea.n](#)). The expert-led sessions see participants guided through a series of discussions to explore how they can play a role in tackling identity-based harms in their community, school, or place of work.

*“ I honestly think this should be training that everyone should do as this is as vital for life as it is for the workplace ”* - Previous participant

## Content

Content is tailored to the needs of each group. The training has a minimum time of 3 hours but can also be delivered over a half or full day. Content includes:

- **What it means to be an active bystander:** through group discussion the participants explore what being an active bystander means to them
- **Standing up for victims:** working through a series of scenarios, participants consider and learn what they can do when they encounter prejudice, harassment or identity-based violence such as a racist attack in a supermarket or an inappropriate comment from a colleague
- **Proactive prevention:** returning to the scenarios participants reflect on the root causes of prejudice and discrimination before discussing ways they could contribute to dismantling of those root causes and to building safer, more inclusive and just communities.



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