

Active bystander & allyship training

Understanding what to do if you witness prejudice, harassment or violence - and what you can do as a victim

What is it?

An “active bystander” describes somebody taking positive action to prevent harm to others or to actively work to build inclusive, respectful and just communities. 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 online or in-person course is led by identity-based violence prevention charity, [Protection Approaches](#) and has been developed in partnership with the British 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 prejudice and violence 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 ”

Content

Content is tailored to the needs of each group. The training has a minimum time of 2 hours but can also be delivered over a half or full day. Content includes:

- **What it means to be an active bystander or ally:** 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 violence such as a racist attack in a supermarket or an inappropriate comment from a colleague
- **What you can do if you are the victim:** participants consider some options they may have if they are the victim of prejudice or violence, and find out where there are support services and resources

Costs:

Costs are variable depending on number of trainings booked, length of the training, and whether online or offline, but whatever your budgets we can normally make something work.

To find out more get in touch:
education@protectionapproaches.org

