

● How to be an Ally in Situations of GBV

You may encounter situations with people experiencing GBV. To effectively support the people affected, refer to the following tips.

- **Educate yourself.** Learn about the signs of abuse. Look out for frequent or unexplained injuries and other indicators of physical, emotional, financial, or sexual abuse.
- **Check your bias.** Notice if you have a preference for or against a certain person or group. Reflect and adjust these tendencies.
- **Stand with victims and survivors of GBV.** If you witness someone experiencing GBV, step in and stand up.
 - **Notice** the event.
 - **Interpret** whether the event is an incident of GBV.
 - Assume **personal** responsibility.
 - Know how to **help**.
 - **Implement** an intervention (if it is safe to do so).
- **Implement an intervention to support victims and survivors.** Only if it is safe to do so, you can support the individual in one or more of the following ways.
 - **Distract:** Engage with the person being targeted – ask for direction or bring up something unrelated to de-escalate the situation or interrupt the violence.
 - **Delegate:** Ask for help from someone in authority. Pull in a friend.
 - **Delay:** After the incident, ask the survivor if they are okay and how you can help.
 - **Direct:** Speak out against the GBV, engage with the survivor only if it's safe to do so.
 - **Document:** Record a video or create a written record of the event. Do not post anything without the consent of the survivor.

- **Access available resources.** Familiarize yourself with community resources beyond emergency numbers. Help victims find mental health, GBV, legal, financial, and other supports. Provide these resources when the person feels ready. Do not force the victim or survivor to take any steps they are not ready to take.
- **Ask for Consent:** Before acting or speaking on behalf of a survivor, listen to their needs and concerns and ask for permission. Respect their boundaries. If faced with rejection of allyship, step back and respect the person's decision.
- **Start Conversations.** Talk about GBV and its consequences with your family, friends, and the community. Raise awareness about GBV and how to be an ally. Create safe spaces where victims and survivors can share their stories without judgment.
- **Navigate Barriers to Allyship.** While allyship is important, it can be difficult. Some barriers to allyship may include not having enough knowledge about GBV or fearing for your safety or backlash when speaking up or intervening in situations of GBV. Societal pressure and stereotypes may discourage you from being an ally. Blaming the victim, having misconceptions about GBV, or lacking access to resources and support can also be barriers to allyship. To address these challenges, refer to the following:
 - Understand the difference between being uncomfortable and feeling unsafe. It is important to prioritize your safety and that of the survivor before taking action.
 - You can address safety by learning how to act in such situations and knowing who can help in situations of immediate concern.
 - You can address challenges with discomfort by learning more about GBV, and allyship, and recognizing that uncomfortable feelings, while valid, should not deter you from being an ally.

