



INTERRUPT

Create a **distraction** to interrupt the moment. Ask any question. If they need you they will stay engaged.



CHECK IN

Calmly approach the victim **later**. Validating their experience will show them support.

ACTIVE BYSTANDER TIPS



GET HELP

Enlist the aid of a person **nearby**. Delegate a friend, a staff member or even a stranger to assist.



CONFRONT

Address the harasser **directly**. Call them out on their behavior, if you can do so safely.