



**BYSTANDER INTERVENTION
CAMPAIGN TOOLKIT**
#IfNotYouThenWho

CAMPAIGN TOOLKIT

Campaign overview

National figures show that 71% of women have experienced harassment in public spaces. Sexist jokes, inappropriate comments, unwanted attention. These may not be 'crimes' but they are no less threatening or harmful to the person experiencing them and could lead to more serious forms of sexual harassment or assault.

This campaign calls for people to be more aware of what's going on around them and how to spot the signs someone may be being harassed. It highlights the different ways people can safely intervene if they notice someone being harassed, through the 5 Bystander Intervention methods.

Within this toolkit, you can find:

- Key messages
- How to spot the signs and examples of harassment
- The five methods of bystander intervention outlined in a series of short animated videos

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CARING



COURAGEOUS



INCLUSIVE



LEARNING

KEY MESSAGES



- National figures show that **71% of women have experienced harassment in public spaces.**
- **Sexist jokes, inappropriate comments, unwanted attention, intimidation** – these may not be ‘crimes’ but they **are no less threatening or harmful to the person experiencing them.**
- **We can all play a part in challenging these behaviours** and helping to prevent abuse or more serious harm from occurring.
- Bystander intervention can be an effective way of **stopping sexual assault before it happens** and can play an important role in preventing, discouraging and intervening in a situation where an act of violence has the potential to occur.
- Don't assume that someone else will step in – choose to act when you notice something is wrong. **If not you, then who?**



HOW TO SPOT THE SIGNS OF HARASSMENT

- Do they look uncomfortable or visibly upset?
- Have they asked the person to stop or leave them alone?
- Are there raised voices, or does it seem a hostile and aggressive situation?

Harassment can include:

- Making rude or insulting comments
- Using racial, homophobic or transphobic slurs towards someone
- Unwanted sexual advances
- Persistent, unwanted behaviour
- Showing aggression towards another person
- Following someone
- Flashing a body part
- Touching someone without consent
- Intentionally invading someone's personal space
- Whistling, catcalling, sexist or inappropriate

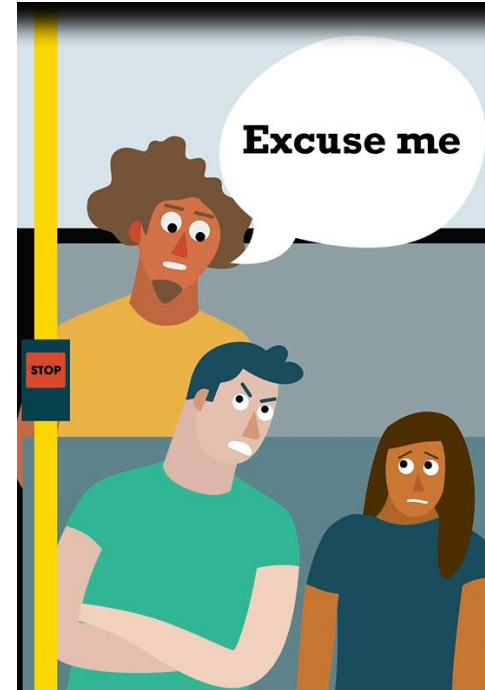


5 METHODS OF BYSTANDER INTERVENTION



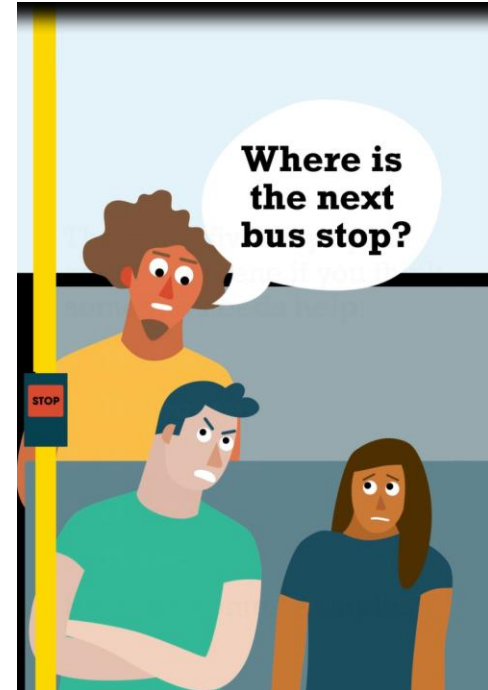
There are five different ways you can intervene if you notice someone being harassed. This is known as bystander intervention and can play an important role in preventing someone from coming to harm.

1. **Distract**
2. **Delegate**
3. **Document**
4. **Delay**
5. **Direct**



1. DISTRACT

Ask the person being harassed a question or strike up a conversation. This is a non-confrontational way to interrupt. By addressing the person being harassed, you can distract and discourage the harasser and put a stop to their behaviour.



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2. DELEGATE

You may not feel comfortable or safe to intervene in a situation on your own. Raise your concerns and ask someone for help. This could be a bus driver, security guard, teacher, store manager, or another bystander like yourself.

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3. DOCUMENT

If you're not comfortable intervening, or it's not safe to do so – document the situation. Record the time, date, location, and details of the incident. If you can, ask the person afterwards if they would like a copy of the recording or the notes.

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4. DELAY

If it's not safe to intervene in the moment, hang back and keep an eye on the situation. If you can, check in on the person afterwards to make sure that they are okay and offer any help.

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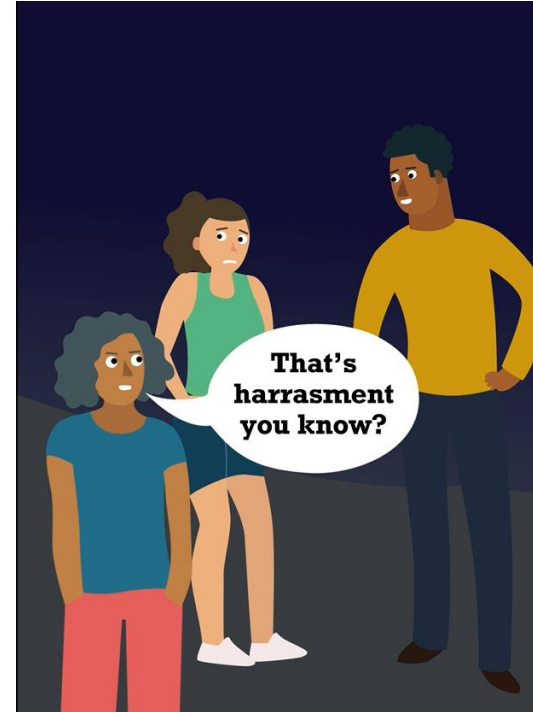


5. DIRECT

Confront the harasser **only if you feel safe to do so**. State what you see and that it is not okay.

If you believe someone to be in immediate danger, always call 999.

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THANK YOU



- Thank you for sharing our 'If Not You, Then Who?' bystander intervention campaign.
- You can view the campaign on our website here: [If not you, then who? How to be an active bystander when someone is being harassed. | Avon and Somerset Police](#)
- If using on social media, please do use the hashtag **#IfNotYouThenWho** alongside your posts so that we can see where it's being shared.
- If you have any questions at all surrounding the assets, please email penny.heaton@avonandsomerset.police.uk.