

SARSAS

*Listen.
Believe.
Support.*

Be an Active Bystander

5 ways you can safely intervene if you witness **sexual harassment**.



DIRECT: if it's safe for you to do so, interrupt what's happening.



DELEGATE: seek help from someone you trust to intervene.



DOCUMENT: report what you've witnessed to a trusted person.



DISTRACT: change the focus, ask the person being targeted if they're okay.



DELAY: it's never too late to act. You can do any of the above later on.

sarsas.org.uk/training