

# 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](https://sarsas.org.uk/training)