

BE AN ACTIVE BYSTANDER

1 NOTICE THE EVENT
Be present and notice what is occurring around you.



2 IDENTIFY IF IT'S A PROBLEM
Be critical of our own perceptions and attitudes of others.
ASK YOURSELF THESE QUESTIONS:



A Would you behave in the same way?

B Would this kind of behaviour be okay if it were occurring to a friend or family member?

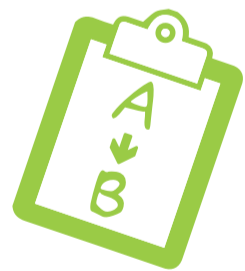
C Does the situation at hand make you feel uncomfortable?



3 TAKE RESPONSIBILITY
Perhaps the hardest step. If we all assume someone else will step in, nothing will happen.



4 MAKE A PLAN
Directly or indirectly. Just remember to be respectful and careful in whatever approach you take.



5 ACT
Not participating in a conversation or calling-out bad behaviour; derailing an incident from occurring by distracting the would-be perpetrator. These are all ways you can act.