

SaferCommunity

BYSTANDER ACTION

Bystander action is choosing to take action when you see behaviour that puts others at risk of violence, victimisation or perpetration, including speaking out against racist, queer-phobic and sexist language. This factsheet explains when and how to act safely.

Every situation is different so there is no universal way to respond. The important thing is to do something, because doing nothing does harm; it normalises, reinforces and excuses the behaviour.

How can I be an active bystander?

Be aware

Be present, notice what is happening around you. Look out for cues that might tell you someone feels uncomfortable.

- Flinching, wincing, looking or moving away from a person or situation
- Nervous laughter
- Blushing or going red
- One-word answers

Identify the behaviour is a problem

Be critical. Judge the behaviour. Think about whether the behaviour could be offensive or make you or someone else uncomfortable?



Take responsibility

Recognise you are a bystander and you can do something! Don't wait for someone else to step in; sometimes nothing will happen.

SAFER COMMUNITY

Safer Community provides advice, support and referrals if you witness or experience unacceptable or concerning behaviour.

P: 03 9479 8988

E: safercommunity@latrobe.edu.au

W: latrobe.edu.au/safercommunity

Offices: Bundoora PE level 2, Bendigo SSC

KEY FACTS

- 15% of all Australians experience harassment
- 20% of young people experience bullying
- 1 in 3 women experience sexual assault or harassment
- Up to 34% of people say they want to act but don't know how

SHOW SUPPORT AND KINDNESS



Act

There are lots of ways to act, either directly or indirectly, in the moment or afterward. Decide what action you feel safe to take.

Show you don't agree

- Roll your eyes or shake your head
- *Don't* laugh or show a confused look

Support the affected person

- Ask if the person is ok, and how you can help them
- Acknowledge what's happened: "I'm sorry they said that"

Speak up to stop disrespect

- Respond "I don't think that's funny actually" or "mate, stop"
- Change the topic "Oooo-kay, moving on..."

Report

Report the behaviour to professionals, such as Safer Community.

Being an active bystander online

You can still be an active bystander if you see offensive or disrespectful content online, including on social media:

- Respond to tell the person the content is unacceptable
- Send the affected person a friendly and supportive message
- Report the content and the person to the host website

SUPPORT & REFERRALS

Immediate assistance

On campus: Security 24/7 on 9479 2222

Off campus: Triple Zero on 000

Reporting

On campus: Safer Community call 9479 8988, email safercommunity@latrobe.edu.au, visit Bundoora PE level 2 or Bendigo SSC or go to www.latrobe.edu.au/safercommunity

Off campus: Victoria Police, find your local Police station online at www.police.vic.gov.au

Personal support

On campus: Student Counselling contact are details online at www.latrobe.edu.au/counselling or for out of hours crisis support call 1300 146 307 or text 0488 884 100