

BE AN UPSTANDER



ASSESS

+

ACKNOWLEDGE

+

ACT



BE AWARE OF YOUR SURROUNDINGS



DON'T DISMISS YOUR FEELINGS



NOTICE WHAT IS GOING ON AROUND YOU



INTERPRETING THE SITUATION AS PROBLEMATIC IS KEY



WATCH THOSE AROUND YOU



IF YOU'RE WONDERING WHY NO ONE ELSE IS HELPING OR IF IT REALLY IS A PROBLEM... ASK QUESTIONS!

THERE ARE 2 WAYS TO INTERVENE:



YOU DIRECTLY INTERACT WITH THE OFFENDER



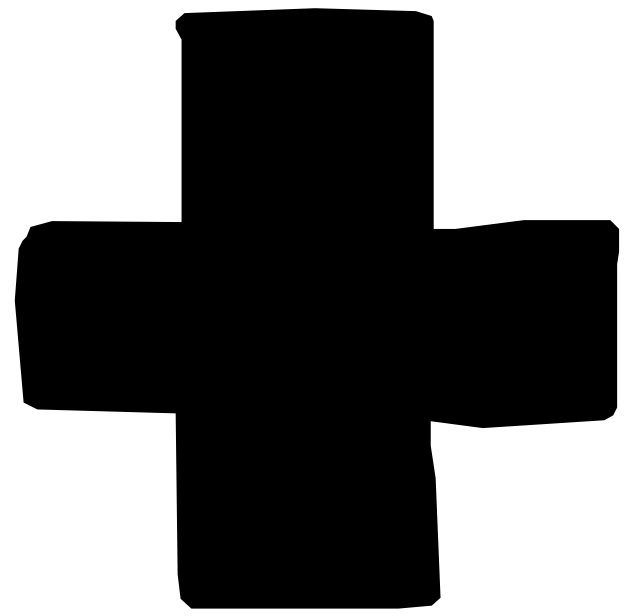
YOU INTERACT WITH OTHER BYSTANDERS TO HELP OR SEEK OUTSIDE ASSISTANCE

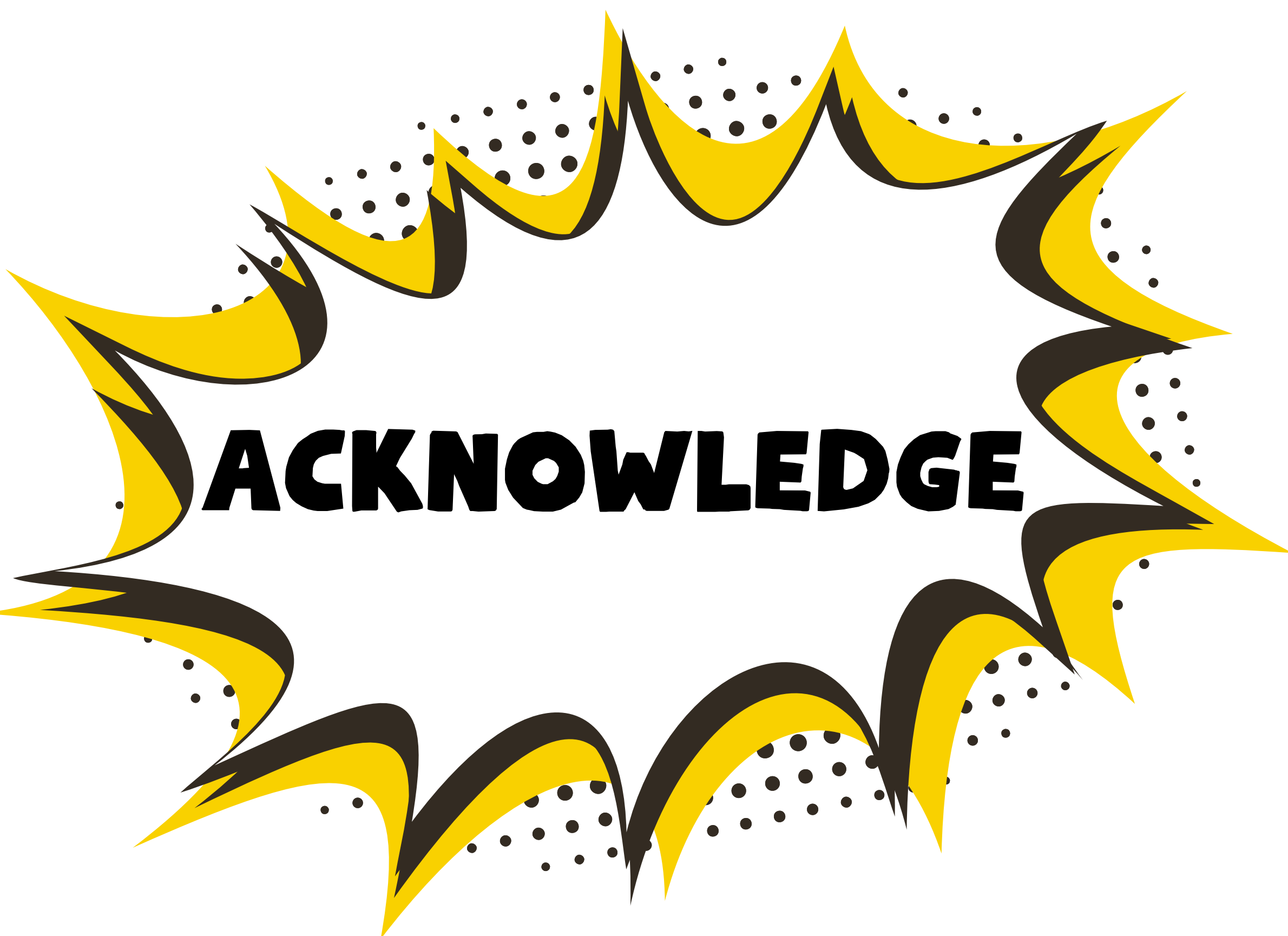
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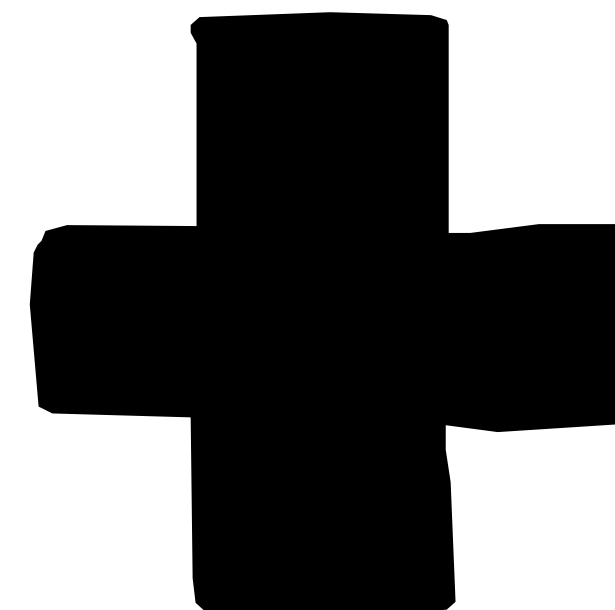
INDER







ACKNOWLEDGE



ACT





DIRECT



INDIRECT



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