

# Simple steps to take against harassment

## **DISTRACT:**

**An indirect approach to deescalate the situation**

**Cause a distraction, for example:**

- Ask the time
- Ask for directions
- Drop something noisy on the floor  
e.g. a handful of coins
- Pretend you know the person being harassed and ask how their mum is

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## **DELEGATE:**

**Get help from someone else**

**Find someone who can assist, for example:**

- The person next to you
- Bus driver
- Teacher
- Security guard
- Retail worker
- Bar staff

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## DIRECT:

### Speak up

**Speak up, be firm and clear. For example:**

- “That’s totally inappropriate.”
- “You can’t speak to women like that.”
- “Stop that.”
- “What do you think you’re doing?”

Remember, safety first. Try not to get into an argument.

**You can also speak to the person being harassed. For example:**

- “Are you okay?”

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## DELAY:

### Take action after the event

After the incident is over, check in with the person. For example:

- “Are you okay?”
- “Do you want me to sit with you?”
- “Do you want me to accompany you somewhere?”
- “What do you need?”

This helps to validate their experience. Even a knowing glance matters.

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## DOCUMENT

### Record the event

**During or after the event, document useful information. For example:**

- Record the events on your mobile phone
- Make notes e.g. date, time, location, physical appearance

Always ask the person being harassed before going to the police or posting on social media as it might make things worse for them or they might not want you to.

