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IT'S TIME TO NOTICE, SPEAK AND ACT

THINGS TO DO IF YOU SEE GENDER-BASED VIOLENCE

If you see gender-based violence, you may not know what to do.

- You might think other people will help which means you don't have to do anything.
- You might be afraid to help because you are worried you might get hurt.
- You might worry about what other people will think, especially your close friends and family.
- You might feel it is none of your business.

Everyone can do something to stop gender-based violence.

“ IT'S TIME ”

Here are some things to think about before you try to help.

Think about risks before you act.

- Will you put yourself in danger?
- Will you put other people in danger?
- Will saying something or taking action make it worse?
- Can you do something to make it less risky for you or the person you are trying to help?

Think about your feelings.

- Do you feel unsafe? Do you feel uncomfortable?
- Being uncomfortable is different from feeling unsafe. If you feel uncomfortable, think about stepping outside your comfort zone. If you do, it might mean you can help change things for people suffering from gender-based violence.

Take Action. Here are some things you can do.

- Decide if you should do something right away or later.
- Think about creating a distraction to help stop what is going on.
- Speak to the person being hurt. Ask them if they are okay. Tell them you want to be there to help them.
- Ask someone else to help, like a bouncer, bus driver, or another person depending on where you are.
- Tell someone what is going on. You could tell police, security, a teacher or your supervisor.
- Do your best to do what the person being hurt wants you to do.
- Call 911 if it's an emergency.

Think about your own safety and the safety of other people.

Get help right away if:

- You or other people might get hurt.
- You need to call an ambulance or doctor.

JOIN THE CONVERSATION!

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