

Active Bystanders Campaign

Somerset Youth Parliament

Somerset

YOUTH
PARLIAMENT

& advisory group

Raise your hand:

Have you ever seen someone being treated unfairly at school/college or in your local community?

What is an Active Bystander?

A person who witnesses a situation and **takes action** to prevent harm or address inappropriate behaviour, rather than remaining passive.

This can involve:

- Addressing harmful behaviour directly
- Appealing to other bystanders to help you intervene
- Supporting other young people who are upset or scared
- Reporting incidents to a trusted adult or local authorities (police)

Being an Active Bystander can help create a **culture of inclusion and empowerment** in our local communities!

Why may we not intervene?

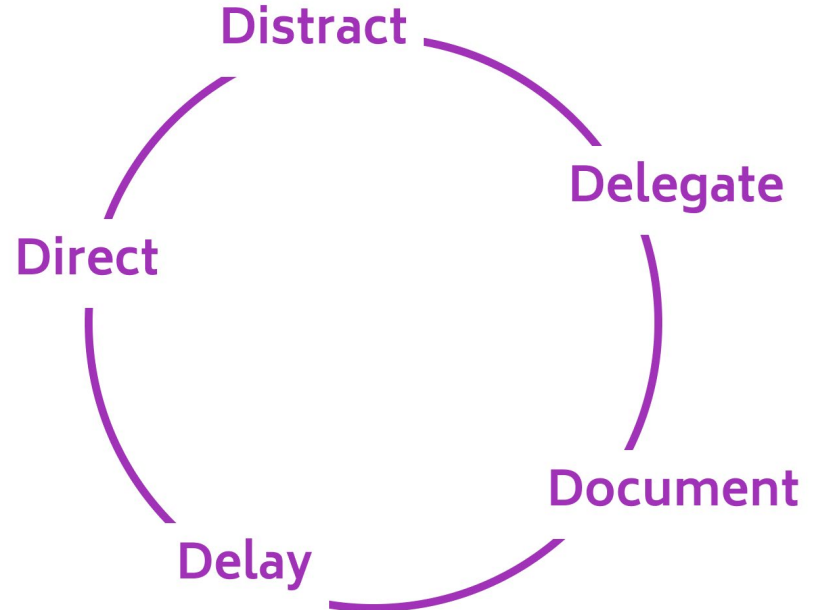
- Fearful of repercussions
- Embarrassment
- Feeling overwhelmed
- Lack of loyalty to strangers



The Five D's:

The 5D's are an effective strategy which support **safe** intervention in situations of harassment or harm.

The 5D's are: **Distract**, **Delegate**, **Document**, **Delay** and **Direct**.



1. Distract

Focuses on shifting attention away from the harassment in **subtle** ways.

How can I do this?

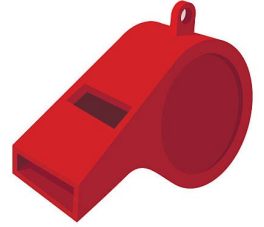
1. Pretending to know the person being harassed - 'Oh hey! How's your day been?'
2. Create a diversion to shift the attention of the harasser - spilling a drink.

These are useful strategies which protect both the bystander and the victim in a situation which could escalate.



2. Delegate

Seeking help from others, for example another bystander or an authority figure, especially if you feel uncomfortable intervening alone.



How can I do this?

- Speak to someone nearby - 'That person is making the uncomfortable. Can you help me step in or distract them?'
- Seek out someone with authority and explain the situation - trusted adult or teacher.
- Ask other bystanders to help - 'I think that person needs help' or 'We should help'.

It is important to delegate to ensure everyone remains safe and not one person is putting themselves at risk.

3. Document

Noting down details of the incident to report to someone in authority.

How do I do this?

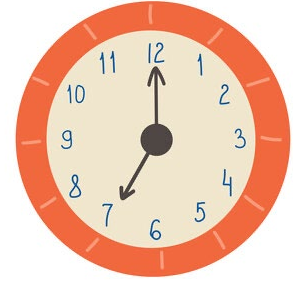
- Make notes of what has happened in your Notes app.

This can provide important evidence to local authorities if they investigate the incident.



4. Delay

Checking in with the person who was harassed after the incident has passed, especially when the incident happened quickly.



How do I do this?

- Ask them if they are OK
- Offering to accompany them somewhere safe and report the incident

By showing support in this way, you are helping rebuild a sense of safety and support for the person who has been harmed.

5. Direct

Addressing the harassment head-on, by confronting the person responsible. However, direct intervention **is not always** the correct choice.



What do I need to consider before direct intervention?

- Am I physically safe?
- Is the person being harassed safe?
- Is the situation likely to escalate?
- Does the person being harassed want someone to speak up?

What do I do if direct intervention is appropriate?

- Be clear and precise in an assertive tone -
'They've asked you to stop, I am here to support them.'

Remember!

Being an Active Bystander means choosing to **help**, even when it feels a little scary.

When you take **action**, you can make a big **difference** and help make your school and community a **kinder place**.