

HOW SAFE IS IT FOR ME TO HELP WHEN I SEE SIGNS OF ABUSE OR VIOLENCE?



ALONE & UP CLOSE

- If it is safe to do so:
- ☞ Interrupt: for ex., shout!
 - ☞ Distract the aggressor
 - ☞ Ask the victim: 'Are you okay?'
 - ☞ Be a good witness

THE FURTHER AWAY, THE MORE SAFE

ALONE & FURTHER AWAY

- If it is safe to do so:
- ☞ Get help from other bystanders
 - ☞ Call 911 or other services that can help
 - ☞ Document what you witnessed



WHEN THERE IS DANGER, CALL 911

WITH OTHERS & UP CLOSE

- If it is safe to do so:
- ☞ Act together to help
 - ☞ Back each other up
 - ☞ Divide up helping tasks: for ex., 1 person checks the victim while another calls 911



WITH OTHERS & FURTHER AWAY

- If it is safe to do so:
- ☞ Stand together against violence
 - ☞ Support victims, not aggressors
 - ☞ Connect people with services
 - ☞ Respond with kindness, not violence



THE MORE PEOPLE, THE MORE SAFE

ALL OF US

- ☞ Believe survivors & listen to them
- ☞ Recognize risk factors and signs of abuse & violence
- ☞ Support the services that help
- ☞ Stand up against inequality & injustice



MORE SAFE

LESS SAFE