

PSYCHOLOGICAL



This can include repeated unwanted social invitations, such as relentless proposals for dates or physical intimacy and unwanted constant texting.

GESTURAL



This includes leering or ogling; holding or eating food provocatively, and hand signals or sign language denoting sexual activity.



VISUAL

This can include showcasing pornographic material, drawing sex-based sketches, writing sex-based letters, and sexual exposure.

BE AN ACTIVE BYSTANDER

An active bystander is someone who steps in, speaks up, or reaches out in situations that are, or could be, harmful to a person or a group of people.

Determine whether a situation requires direct intervention or a distraction

- If you notice someone getting harassed, you can walk up to them pretending to know them. Say "Hi! i haven't seen you in so long!" and quietly offer to walk with them till the harasser leave.
- If someone makes a rape joke, you can interject and say "I don't think that's very funny, because it makes light of a situation that causes harm."

Recognize situations where intervention is necessary.

- Situations where sexual violence is normalized through conversation, jokes or comments.
- If someone is being harassed, catcalled or stalked
- If someone discloses an instance of sexual violence to you and directly requests your assistance

Determine your level of safety and comfort

- Is it safe for you to intervene? Seek assistance from a friend, another bystander, or the relevant authorities if necessary.
- Call the authorities if the situation poses a physical threat to you or others

**FOR FREE
COUNSELLING &
LEGAL INFORMATION**

016 237 4221

Mon-Fri : 9.30am - 4:30pm

