

ABOUT BRISTOL ZERO TOLERANCE

Gender-based harassment includes unwanted comments, gestures, and actions forced on a stranger in a public place without their consent and directed at them because of their real or perceived gender (whether male, female or non-binary).

Street harassment includes:

- UNWANTED LEERING
- SEXIST, HOMOPHOBIC, BIPHOBIC OR TRANSPHOBIC SLURS
- PERSISTENT REQUESTS FOR YOUR NAME, NUMBER OR DESTINATION AFTER YOU'VE SAID NO
- SEXUAL NAMES, COMMENTS AND DEMANDS
- FOLLOWING
- FLASHING
- PUBLIC MASTURBATION
- GROPING
- SEXUAL ASSAULT
- RAPE
- HATE CRIMES

There are many ways to harass people.
But there also many ways to respond, too!

**BE INTOLERANT
SAY NO TO STREET HARASSMENT**

FIND OUT MORE

Visit **BRISTOL ZERO TOLERANCE** online for more ideas:

[bristolzerotolerance.com/take-action/
take-action-as-an-individual/
be-an-active-bystander](http://bristolzerotolerance.com/take-action/take-action-as-an-individual/be-an-active-bystander)

And for further inspiration, visit **IHOLLABACK** online for more information and resources on responding to street harassment as a bystander:

ihollaback.org/resources/bystander-resources

We'd also like to send special thanks both to **STOP STREET HARASSMENT** for inspiring us:

stopstreetharassment.org

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BE INTOLERANT



street harassment
be more than just
a bystander

a **BRISTOL ZERO TOLERANCE** toolkit



DEALING WITH STREET HARASSMENT AS A BYSTANDER

Street harassment is widespread, so you've either encountered it already, or will encounter it in the future. And for the person being targeted, it can be very upsetting and traumatic experience.

That's why, as a bystander, deciding to intervene is so important. Even if all you feel safe to do is to ask them if they're okay, you can still have a huge positive impact.

Since every situation is different, the way you intervene will need to be different each time. So we put together this toolkit to help you decide how to intervene safely.

WHAT DOES IT MEAN TO INTERVENE?

Intervening can mean taking direct action, and if you feel safe enough to do so, this can be highly effective. Both in putting an end to the incident, and in sending a clear message to the harasser that their behaviour will not be tolerated.

But sometimes, even a gesture as subtle as a knowing glance to the person being harassed can make all the difference. Because it lets them know that despite how they may feel, they are not alone.

HOW CAN I KEEP MYSELF AND OTHER PEOPLE SAFE?

We often intervene without realising it. Catching someone's eye, staring or sending a disapproving look can all affect the way someone chooses to behave.

Before intervening, ask yourself:

- *Is there a problematic or risky situation?*
- *Does someone need my help?*
- *Do I see myself and others as part of the solution?*

During the situation, ask yourself:

- *How can I keep myself safe?*
- *What options are available to me?*
- *Are there others around that I can turn to for help?*
- *What are the costs and benefits of taking action?*

BE DIRECT

By talking directly with the harasser, you can divert their attention from the person being targeted. However, this can be risky, because the harasser might decide to redirect their abusive behaviour towards you instead. Make sure you follow your instincts and stay safe.

*Are you okay?
Is this person bothering you?*

How would you feel if someone did this to a person you love?

BE CHALLENGING

Do you have friends who take part in street harassment? Let them know that what they're doing is unacceptable!

BE DISTRACTING

You can stop the harassment without directly referring to it. Simply distract the person by talking to them about something completely unrelated.

Excuse me, do you know what time it is?

*Oh, hey!
Haven't seen you in ages,
how've you been?*

BE DISRUPTIVE

Creating a diversion takes the focus of attention away from the person being harassed. Spill your coffee, be loud and disruptive, or even pretend the person being targeted is your friend.

For more details on this technique, check out:
stopstreetharassment.org/2012/02/fakefriend

BE VIGILANT

You could make a video recording of the incident. But make sure that you ask the person who was harassed what they want to do with this recording. And there are several things you'll need to keep in mind to ensure that you document the harassment safely and responsibly.

To find out more, visit:

<https://library.witness.org/product/filming-hate>

BE IMPOSING

Intervention can be non-verbal too. If you feel safe, stand between the person being targeted and the harasser. Express your disapproval with gestures rather than words!

Roll your eyes, cross your arms, raise your eyebrows!

BE THERE FOR THEM AFTERWARDS

Even if intervening isn't possible, you can still make a difference. Check on the person who was targeted afterwards and offer them your support.

*Are you alright?
I'm so sorry that just happened to you.*

BE WILLING TO CALL FOR BACK-UP

If you don't feel safe, find someone who does. Do you have friends nearby? Ask them for help!

BE A MALE ALLY

If you're a man, your role as a bystander is especially powerful. Most harassers are men, who often look to each other for approval. Expressing your disapproval of street harassment can therefore have a very strong impact.