

How safe is it for me to help when I see signs of abuse or violence?

ALONE AND UP CLOSE
 If it is safe to do so:

- Shout out to them
- Distract the bully or abuser
- Ask the victim if they are okay
- Pay attention to what happened

ALONE AND FURTHER AWAY
 If it is safe to do so:

- Get help from someone else close by
- Tell an adult that you trust or call 911
- Write down what you saw happen

WITH OTHERS & UP CLOSE
 If it is safe to do so:

- Help the victim as a group
- Support other bystanders - Have each other's backs
- Assign tasks to each person in the group (for example, helping the victim and calling 911 would be two tasks)

WITH OTHERS & FURTHER AWAY
 If it is safe to do so:

- Stand up against violence
- Support victims, not abusers or bullies
- Share information on how to get help
- Always be kind

ALL OF US

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



LESS SAFE

WHEN THERE IS DANGER, CALL 911!

MORE SAFE

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