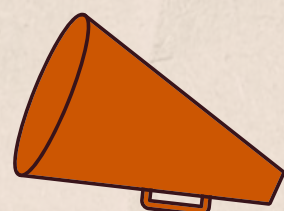


#WeRideTogether

WE ALL PLAY A ROLE IN STOPPING ABUSE

If you witness harm, you can do something.

Active bystander intervention matters in creating healthy and safe sports!



SAFETY FIRST!

Physical: Get help if needed! Do no further harm.

Emotional: Take care of yourself. Talk to a trusted adult about your feelings when needed. It can be scary to intervene.

Communal: Respect each other's differences. Be supportive and attentive when someone needs to talk or share their feelings.

3 Steps

Assess: Assess what is happening and who is involved.

Analyze: Analyze any risks to your safety and risk to others.

Act: Decide if, when, and how to *act*.

ASK YOURSELF



Trust Your Gut: Does something seem off, scary, or wrong? Pay attention to and rely on your instincts.

Check for Danger: Could the situation get physically dangerous? Is anyone at risk of getting hurt? If so, get help!

Determine the Threat: Who's causing harm? What could happen if this harmful behavior continues?

CHOOSE HOW TO INTERVENE

DIRECT

Name It

- Call out the inappropriate behavior
- Be direct, firm, and kind

Reframe It

- Identify the proper behavior
- Refer to a code of conduct for agreed standards

Get Away From It

- Change the subject
- Remove yourself and the victim from the situation

INDIRECT

Distract

- Make a scene or a diversion
- Take attention away from the harmful interaction

Document

- Create evidence of the event
- Ask a trusted adult to help with any records of abuse

Follow Up After

- It's not too late to make a positive impact and help
- Check on the victim

***Each option is effective, do what you are comfortable with!**

Most of us want to help but may not know how, or think that someone else will. To learn more about active bystander intervention, scan this QR code!

Scan me

