

**Direct. Distract. Delay. Delegate**

## More Support

**Police: Call 000**

1800 RESPECT  
1800respect.org.au  
**1800 737 732**

Our Watch  
[ourwatch.org.au](http://ourwatch.org.au)

Safe and Equal  
[safeandequal.org.au](http://safeandequal.org.au)

MensLine  
**1300 789 978**

# Call It Out

Be an  
**Active Bystander**  
at sport

As part of Respect Victoria and Safe and Equal  
16 days of Activism  
supporting

**Creating a Place for Women in Sport**



**SAFE+EQUAL**



## DIRECT

Speaking up in the moment

*What do you mean by that?*

*I don't get what's funny.*

*When you say '..like a girl', it's really insulting.*

*The oval/court/pitch is for everyone!*

**Roll your eyes. Shake your head. Walk away.**

## DISTRACT



Change the subject. Create a distraction

*Let's move on with training.*

*Sorry to interrupt, can I ask a question?*

*Can we go back over the first training drill?*

*Stand next to the person to show support.*

**Make a barrier.**



## DELAY

Check in with the person later

*Hey, I'm sorry, what happened before wasn't cool.*

**Are you ok?**

*Was anyone else uncomfortable with what was said in the change rooms?*

## DELEGATE



Polices. Procedures. Report

*Hey, I'm pretty sure that behaviour is against our club **code of conduct**.*

**Make a report.**

**Review the club policies.**