



BE AN ACTIVE BYSTANDER AT YOUR CLUB

Being an **Active Bystander** means being aware of when someone's behaviour is inappropriate or threatening and choosing to challenge it.



DIRECT

Speaking up in the moment

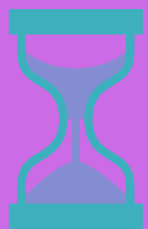
- What do you mean by that? I don't get what's funny.
- When you say '..like a girl', it's really insulting.
- The oval/ground/court is for everyone.
- C'mon. Aren't we better than that?
- **Roll your eyes. Shake your head. Walk away.**

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

Policies. Procedures. Report



- Hey, I'm pretty sure that behaviour is against our club **code of conduct.**
- Make a report.
- Review the club policies.

**EVERYONE DESERVES TO FEEL SAFE, RESPECTED
AND INCLUDED AT SPORT**