

5 WAYS OF DEFENCE

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helps to remove the barrier between the person at danger and the inert environment

In case you see harassment, do the following:

1

DIRECT

If the situation is not dangerous for you, approach the perpetrator. Ask him to stop his behaviour. Sometimes all you have to do is stand silently next to the actors.



2

DISTRACT

Distract the perpetrator. For example, try dropping something "accidentally" to cause a commotion or ask a simple question on the road or at the nearest ATM.



3

DELEGATE

Probably the easiest way to deal with the situation is to reach out to people in the area. Ideally, someone who is an authority figure in the situation - e.g. a bus driver, security guard or, if necessary, the police.



4

DOCUMENT

If you record the situation, ask the person being harassed what they want to do with the recording. Never post it online.



5

DELAY

Even after the incident is over, reach out to the person being harassed and show them that you are on their side and they have nothing to fear. Offer to accompany her or even just be present.

