

MIND YOURSELF AND OTHERS



Tips on being an Active Bystander

Let's Act Together For
Safer Festivals & Nights Out

Nights out and festivals are a time for fun and making memories, but sometimes people around us might need help for different reasons.



We can all have a role in creating safer and more inclusive spaces by looking out for ourselves and others.

Being an **'active bystander'** means:

1. Noticing when somebody needs help or if someone is behaving inappropriately towards others.
2. Feeling a sense of responsibility for the well being of others.
3. Assessing the situation to decide the safest and most effective action to take.
4. Awareness of support services and knowing how/where to report a situation or seek help (e.g. event security or safety monitors).

In this booklet, you'll find tips on how to recognise problematic situations and learn how you might safely respond.

Difficult situations can happen on nights out - being prepared can help us to support others.

Look out for the following:

- Someone looks uncomfortable, upset or unwell
- Someone is unconscious or vulnerable and alone
- Someone is being aggressive or pushy towards a person or others
- Your friend's behaviour is problematic

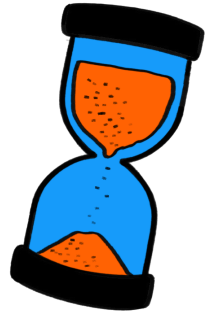


Assess the situation

DO

- Stay calm and assess the situation.
- Evaluate: Think about whether it is safe to make a direct intervention. It is ok not to, if it is not safe for you.
- Take a moment: Pause and consider the safest way to respond and how you will approach.
- Consider your tone and body language: If speaking to someone directly about their behaviour, be non-confrontational and respectful.
- Seek out allies to support your intervention..
- Don't be afraid to get help: call for security, Gardaí or emergency services when needed.

In an emergency, dial 112 or 999



DON'T

- Approach situations which appear unsafe.
- Put yourself at risk of violence – instead get help from security or Gardaí.
- Do anything which could make the situation worse.
- Ignore your own boundaries or safety.
- Assume someone else will step in.

Examples of interventions

Tips on starting a conversation with someone who is upset:

- Ask permission to approach
- Say that you think things may not be ok
- Offer help

Ask

"I hope you don't mind, but I wanted to check in with you."

"I saw what happened there, I can stay with you for a bit if you like"

"I hope you don't mind me asking, I just wanted to see if everything is ok?"

Offer

"Is it ok if I stay with you?"

"Can I do something to help?"

"Can I help you find your friends?"

"Is there anyone I can call?"

If you see somebody being harassed or if your friend is unwell or feels under pressure to go home with someone else

Ask

If they know the person they are with and try to figure out if they feel safe with the person. If not, make sure no one is left alone.

Offer

To remove the person from the situation, for example, by ordering them a taxi home.

Give the person who needs help the option to come to the bathroom with you, giving them the opportunity to remove themselves and for you to check-in with them.

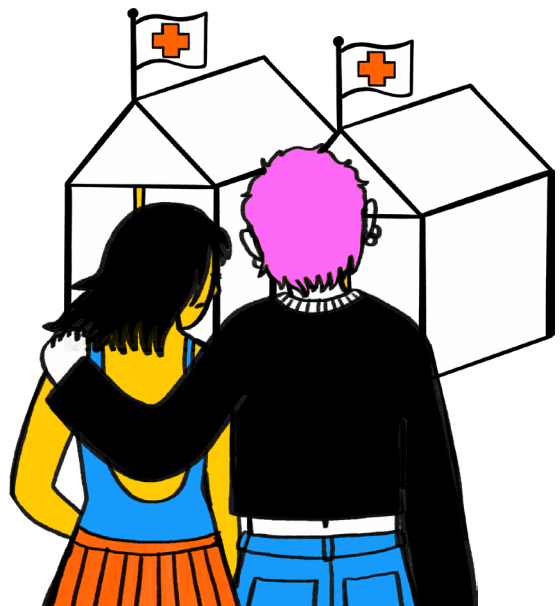


Get help if it does not feel safe for you to act alone or if somebody needs medical help

Speak to a friend or other people who are willing to help.

Agree that someone will keep an eye on the situation while another finds a festival staff member, security, calls the Gardaí or emergency services.

If a person is passed out, get help moving them onto their side and don't leave them alone.



Let's act together for safer nights out

Free support services are available nationally for people who have experienced rape, sexual assault or domestic abuse.

Sexual Assault Treatment Units

www2.hse.ie/services/satu/



Crime Victims Helpline

116 006 (Freephone)
085 133 7711
info@crimevictimshelpline.ie

Rape Crisis Help

24 hour service
www.rapecrisishelp.ie
1800 778 888 (Helpline Freephone)

An Garda Síochána

999/112

If you are deaf, deafened, hard of hearing or have a speech impairment: Text 112, you need to register your phone on www.112.ie first.

Women's Aid

www.womensaid.ie
1800 341 900
helpline@womensaid.ie

Men's Aid

www.mensaid.ie
(01) 554 3811

Drugs.ie

www.drugs.ie





DRUGS.ie
Drug and Alcohol Information and Support

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