

# DON'T DO NOTHING!

STEP UP. SAY SOMETHING. TELL SOMEONE.

## WHAT IS AN ACTIVE BYSTANDER?

An Active Bystander is someone who notices that something isn't right such as bullying, a toxic or abusive relationship, or a friend carrying a knife.....

...and does something to try to change it.

It means saying that something is not OK and then taking action to stop it happening.

## WHY DON'T PEOPLE INTERVENE

Research shows that the higher number of people present when something happens, the less likely someone is to intervene. This can be because:

- They think someone else will do it
- They're scared and think they might be in danger if they do
- They are embarrassed to speak up
- They're not a snitch
- They might lose friends by calling out poor behaviour

## WHAT CAN YOU DO?

### Take responsibility to do something.

If you're in a position to help, tell yourself this is now your responsibility. Don't be influenced by other people who aren't doing anything.

If you need assistance, ask particular people near you to do specific things. For example, tell them 'call for help' or 'come and stand next to me'. The more specific you are, the more likely they are to step up.

### Delegate

If you can't act, then get help from someone who can. Tell someone like a friend, a teacher or a police officer, what you're worried about and ask them to take action.

### Distract or Delay

You can help prevent things from escalating by finding something else for those involved to do or think about.

### Take Direct Action?

You can take action yourself to intervene but should **only do so if you think it's safe**. You should not do this if you think you might get hurt. You can intervene by asking if someone is OK, or by telling them that they're needed elsewhere. You should never do anything that will make people angry or raise the risk of violence. Safety is the first priority for you and everyone else.

## A WORD ABOUT SNITCHING

The fear of being labelled a 'snitch' is one of the main reasons we hear young people say they would not report something, often stating 'snitches get stitches'.

Some young people would rather let a problem continue than be seen as a snitch.

### Snitching

- To get someone else in trouble
- To stop yourself getting in trouble
- To gain something from it
- To hurt or upset someone you don't like

### Reporting

- To keep yourself safe
- To keep someone else/others safe
- Speaking out because you know something is wrong
- You may need an adult's help

Reporting your concern is saying 'this is not OK and I won't let it continue, but I need help to stop it'. Don't let the fear of being labelled prevent you from doing the right thing.

Want to report a crime anonymously, visit [www.fearless.org](http://www.fearless.org)

Need advice for DA, call Victim Support on 0808 168-9111 or talk via [Live Chat](#).

In an emergency call 999 or 101 at other times.