

# WITNESSING RACISM: WHAT TO DO AS A BYSTANDER

## 6 Bystander Intervention Tips

1

### PREPARE

Imagine a possible situation, how you would react and what you would like others to do if you were a victim. Decide on a strategy to help you make a quicker decision in a real situation.



4

### STAY CALM

Don't engage in any kind of verbal abuse or violence/physical force directly with the perpetrator, as this can make them aggressive and escalate the situation.



2

### CHALLENGE RACISM & ACT

Never ignore the situation. Lack of action communicates approval, can be interpreted as acceptance and encourage normalising racism. You can react during or after the incident. Any action, no matter how small, can make a big difference for the victim.



5

### ADDRESS THE BEHAVIOUR

Address the behaviour or language used, not the person. (i.e. instead of calling them racist, ask, "Why would you say something like that?"). Accusing another person of being racist automatically puts them on the defense, shutting down and ending the conversation.



3

### THINK SAFETY FIRST

Keep your own and others safety intact should always be the priority. Examine your surroundings and assess the situation before intervening.



6

### SHOW THAT YOU CARE

Believe them, don't belittle their experience. Small acts of kindness such as providing a listening ear, a follow up phone call, condemning the act of racism publicly (if applicable) can make a difference.

