

A BYSTANDER'S GUIDE

TO ADDRESSING

SEXUAL HARASSMENT

SPOILER ALERT: IT'S NOT ROCKET SCIENCE!



Talking to the
disrespectful
harasser

"Hey, that's not
cool!"

Simply let them know that
you saw them disrespect
someone and that it is not
okay.

"What did you just
say/do?"

When you ask someone to
repeat or replay a
disrespectful act, it will likely
make them think about the
inappropriateness of their
actions.



Talking to the
person disrespected
by the harasser

"Hey, that was not
cool."

Simply let them know you
saw the disrespectful
behaviour and that it is not
okay.

"Are you okay?"

When you check in with how
they feel, you give them a
chance to express themselves
and validate that it's normal
to be upset after being
disrespected.

**IF YOU SEE
SOMETHING,
SAY SOMETHING.**