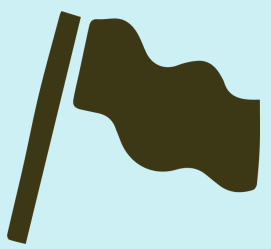


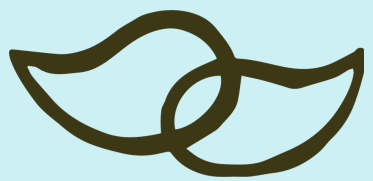
5 Rs TO BE AN *ACTIVE ALLY*

Being an ally means supporting someone you know, like a friend, family member or work colleague, over a period of time.



1. RECOGNISE

Watching out for **red flags** of an unhealthy relationship or gender-based violence.



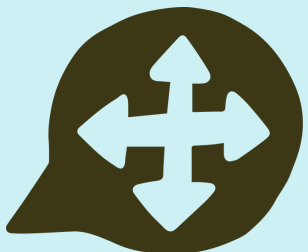
2. RESPOND

Check in with the person by asking, actively listening, reassuring and documenting.



3. RESPECT

It is never the fault of the victim-survivor, **respect their choices**, they will know what is safest.



4. REFER

Show the person they have **options** by sharing different types of support services available.



5. RECOVER

To support others, it is important we **take care** of ourselves.

Prioritising safety

Safety must be at the core of any decision-making when supporting someone. If your action may increase the risk to the person who is being abused or your own safety, please contact a support service for options.

WOMEN'S
AND GIRLS'
EMERGENCY
CENTRE

wagec.org.au
@womens.girls.emergency CENTRE
(02) 9319 4088

If you or someone you know
needs support in Australia call
1800 RESPECT (1800 737 732)
or go to wagec.org.au