

HOW CAN I BE A SAFE ACTIVE BYSTANDER OR ALLY?

1 → **RECOGNISE**

red flags of an unhealthy relationship or domestic and family violence.

2 → **RESPOND**

by asking, listening, documenting, supporting, and standing beside.

3 → **REASSURE**

the person you are supporting that violence is NEVER the fault of the victim-survivor.

4 → **RESPECT**

whatever decision they make and allow them to regain a sense of control over their life. They will most likely know what is safest.

5 → **REFER**

by educating the person experiencing violence about the different types of support services available, including [1800 RESPECT](https://www.wagec.org.au/1800-respect).

6 → **RECOVER**

by taking care of yourself. Domestic and family violence is upsetting and after hearing about it you may feel sad, angry, or helpless. Self-care is key.

**WOMEN'S
AND GIRLS'
EMERGENCY
CENTRE**

If you want to join the movement to end gender-based violence in a generation visit [wagec.org.au](https://www.wagec.org.au)

If you or someone you know needs support in Australia call [1800 RESPECT](https://www.wagec.org.au/1800-respect) (1800 737 732) or go to [wagec.org.au](https://www.wagec.org.au)