

WHAT STEPS CAN I TAKE TO BE AN ACTIVE ALLY OR BYSTANDER?

1. **RECOGNISE THE SIGNS:** Not all signs are physical. Warning signals can include controlling behaviour, isolating from friends or family, constant check-ins by a partner, increased anxiety, or financial dependence.
2. **RESPOND & REASSURE:** If something doesn't feel right, take a moment to check in privately. Approach with kindness and remind them that the violence is never their fault.
3. **RESPECT:** Believe and validate their experience, acknowledge their feelings and perspective. Respect their choices about what kind of help or intervention they want.
4. **REFER:** You don't need all the answers. Sometimes, listening without judgment is the most powerful thing you can do. If they open up, gently suggest support services that can help.

If you or someone you know needs support in Australia call **1800 RESPECT (1800 737 732)**

