



CREATIVE MODERN ARTIST?

FREE SPIRIT?

RECOGNISED A FRIEND IN NEED?

### **Bystander intervention.**

Domestic violence is frightening. If you've witnessed an incident of abuse, or if you suspect a friend is experiencing violence at home, finding a supportive way to get involved may seem overwhelming. We may fear that our instincts are wrong, that we're being nosy, or that we're unqualified to intervene. These are all valid emotional responses to witnessing violence that make it hard to speak up against violence. While anyone can be a bystander, an active bystander is one who recognizes a problem and decides to intervene in a way that feels safe and appropriate for him or her. No two interventions will look the same, because there is no "right way" to be an active bystander.

### **Help is closer than you think.**

If this sounds familiar and you would like to speak with someone, there is a range of safe and confidential support available. Within (insert company name) you can talk to (insert appropriate company resource)