

# BE AN ACTIVE BYSTANDER DURING SOCIAL ISOLATION

The effects of COVID-19 and its uncertainties are increasing anxiety and stress on ALL our relationships. It may be happening to you, someone close to you, or someone in your community. Sometimes, we know it can become serious and violent. We need to watch out for each other and pay attention - we still have the opportunity to be effective bystanders.

You may:



Hear arguments, yelling, threats, swearing, sarcastic comments, disrespectful words aimed at women, partners and children in particular.



See someone hitting, standing over, blaming, damaging property, controlling money, hurting animals.



Feel or sense that things are unsafe for your friend, neighbour, loved one or yourself.

As an active bystander, you can (if you feel safe to):

Important contacts:



Call out the behaviour - tell them you are concerned about what you have seen or heard.



Call 000 - even if you think it is not serious enough or someone might have already called.

1800RESPECT - 1800 737 732  
DVConnect - 1800 811 811  
Lifeline - 13 11 14  
Mensline - 1300 789 978  
Kids Helpline - 1800 551 800

All available 24hrs a day.

Call support services like 1800 RESPECT, or provide support numbers to the people involved.



Distract the situation, change the focus.



Wait until you can have a conversation in private, and ask or text if they are OK. Tell them you are there to support them.

**We can ALL #besomeonewhodoessomething to prevent family violence.**

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You hear a neighbour yelling at his partner and children - it happens often. What can you do?



## CALL 000

Trust your intuition, if it doesn't feel right, it probably isn't. Calling 000 is an important bystander strategy.



## SCHEDULE CHECK-IN TIMES

"Should we do a regular catch up - maybe once a week over the fence to check in? I'm really missing social interaction"

## RESPECTFULLY CALL IT OUT

"I've noticed some concerning behaviour, are you OK?"

"Is everything going OK for you? What can I do to help?"



## REMAIN CONNECTED

Create a group on WhatsApp or Facebook for the neighbourhood, and share information for support services through there.

Drop information in all the letterboxes in the neighbourhood.



## START A CONVERSATION

"Hey MATE, how is everything going for you during isolation?"

If you can speak to her privately, ask if she feels safe and provide numbers for support services.



## TAKE RESPONSIBILITY

Family violence is everyone's responsibility - we can all #besomeonewhodoessomething to prevent violence.



Motivating Action  
Through Empowerment

**MATE**

**GIPPSLAND  
WOMEN'S  
HEALTH**