

Stand Up against street harassment by L'Oréal Paris & Suzy Lamplugh Trust

Learn how to safely combat street harassment: take our Stand Up training for 10 min and learn how to react as a witness or a victim of sexual harassment in public spaces.

80%

of women have **have experienced sexual harassment** in public spaces at least once in their lives.

25%

of them say **someone helped.**

76%

of people have already **witnessed sexual harassment** in public spaces.

86%

of people declare there is **a lack of training** on how to intervene when witnessing street harassment.

IT'S NOT YOUR RESPONSIBILITY TO HAVE THE PERFECT RESPONSE,
IT'S THEIR RESPONSIBILITY TO NOT HARASS YOU.

COMMON REASONS PEOPLE DON'T ACT



Nobody else is doing anything
This kind of thinking is called the "bystander effect"
and it allows a whole crowd to wait for someone else to act.
It takes courage to be the first to do something.

BE A GOOD

BYSTANDER

MOVE INTO ACTION

1

Notice the scenario
& assess your safety

2

Notice what keeps you from acting
when you see harassment

3

Decide which one of the 5Ds
works for you!

THREE STRATEGIES TO RESPOND TO HARASSMENT:

TRUST YOUR INSTINCTS
RECLAIM YOUR SPACE

PRACTISE RESILIENCE

(this one is mandatory)

DISTRACT



DELEGATE



DOCUMENT



DELAY



DIRECT



DISTRACT

TAKE AN INDIRECT APPROACH
TO DE-ESCALATE THE SITUATION

Start a conversation with the person being harassed or find another way to draw attention away from them. Ask them for directions or the time, or drop something.

DELEGATE

GET HELP FROM
SOMEONE ELSE

Find someone in a position of authority – like a bus driver, flight attendant, security guard, teacher, or store manager – and ask them for help. Check in with the person being harassed. You can ask them if they want you to call the police.

DOCUMENT

IT CAN BE HELPFUL FOR THE TARGET TO HAVE A VIDEO OF
THE INCIDENT. LAWS ABOUT RECORDING IN PUBLIC VARY,
SO CHECK LOCAL LAW FIRST.

Tips for documenting street harassment:

Keep a safe distance. - Film street signs or other landmarks that help identify the location.

Say the day and time.



DELAY

AFTER THE INCIDENT IS OVER, CHECK IN WITH THE PERSON WHO WAS HARASSED.



DIRECT

ASSESS YOUR SAFETY FIRST. SPEAK UP ABOUT THE HARASSMENT. BE FIRM AND CLEAR.

You can also say:

- Can I sit with you?
- Can I accompany you somewhere?
- What do you need?

You can also talk to the person being harassed about what's going on.

Ask: "Are you okay? Should I get help? Should we get out of here?"



STAND UP AGAINST HARASSMENT, BYSTANDER TRAINING 29TH MAY 2025 12:00-12:30

The Suzy Lamplugh Trust, sponsored by L'Oreal Paris and with Right To Be, are delivering 30 minutes "Stand Up Against Street Harassment" bystander training sessions throughout 2025.

📍 Online



STAND UP AGAINST HARASSMENT, BYSTANDER TRAINING 5TH JUNE 12:00-12:30

The Suzy Lamplugh Trust, sponsored by L'Oreal Paris and with Right To Be, are delivering 30 minutes "Stand Up Against Street Harassment" bystander training sessions throughout 2025.

📍 Online



STAND UP AGAINST HARASSMENT, BYSTANDER TRAINING 11TH JUNE 13:00-13:30

The Suzy Lamplugh Trust, sponsored by L'Oreal Paris and with Right To Be, are delivering 30 minutes "Stand Up Against Street Harassment" bystander training sessions throughout 2025.

📍 Online



SIGNPOSTING FOR SUPPORT

Contact your local GP occupational health team for emotional and psychological support. You can also call Mind on 0300 123 3393 if you need non-urgent information about mental health support and services.

Victim Support offer independent, free, and confidential advice on what to do after a crime. Call them on 0808 1689 111.

If you think you might be experiencing stalking, we urge you to use our [stalking online tool](#). Victims can also call the National Stalking Helpline at 0808 802 0300.

If you have experienced cyber-flashing or someone taking an image or video of you without your consent, call the Revenge Porn Helpline on 0345 6000 459.

If you are a victim of sexual assault or rape or have been affected by these crimes, call Rape Crisis on 0808 802 9999 or use their anonymous chat.

If you are a member of the LGBT+ community and you've experienced any form of abuse or violence, you can contact Galop on 0800 9995428.

If you are a victim of domestic abuse, you can call the National Domestic Abuse Helpline on 0808 2000 247. It's available at any hour of the day.

If you have experienced Honour Based Abuse, you can contact Karma Nirvana's Honour Based Abuse helpline at 0800 5999 247.

If you have been impacted by hate crime you can contact Stop Hate UK for independent, confidential, and accessible reporting and support on 0800 138 1625.