

# Stand Up



# Be the Solution

Stop Violence Against Women and Girls



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A bystander is someone who sees a concerning interaction between individuals where someone is being either verbally, physically or emotionally abusive. A bystander may or may not know what to do.

Bystanders can choose to be a part of the problem or part of the solution.

## **Be a part of the solution, stand up against violence against women and girls.**

- Make it clear to others that you won't be involved in abusive behavior.
- Never stand by and watch or encourage someone to say or act in an abusive way toward women and girls.
- Stand up to support a woman or girl who is being abused. A way you could do this safely would be to offer to go with them to a place they can get help.
- Report abusive and violent behavior to a trusted adult such as a teacher, a school counselor, a parent, or a manager at your job.
- If you think that someone is in physical danger report it to a trusted adult and/or the police.
- If the abuse is happening on a social media site such as Facebook, report it to the site and/or a trusted adult.
- Never harass, say negative things, or gossip about women and girls including on social media sites.
- Never forward or respond to messages and jokes that make fun of women and girls.

## **Make a difference, be a part of the solution, stand up against violence against women and girls.**

Florida Domestic Violence Hotline  
1-800-500-1119  
TTY 1-800-621-4202  
Florida Relay 711