



Take Action as a Helpful Bystander

You may observe or learn about an incident of violence being experienced by a sport participant. Follow these steps to be a helpful bystander.

1

Take notice and interpret the situation as a problem

Be a helpful bystander by listening to sport participants, be aware of your surroundings, and notice when an event is harmful or potentially harmful. Common examples of harmful behaviours, include: name calling, pushing, sexual jokes or remarks.

2

Engage and take action in the moment

In the moment, and only if safe to do so, intervene by applying one or more of the “3 Ds”: Direct, Distract or Delegate.

3

Engage and take action following the incident

Communicate and connect with the victim. Communicate with the perpetrator, if safe to do so. Consider inviting another coach or a supportive adult to join the conversation.

The Support Through Sport eLearning series and resources educate coaches on how to take action as a helpful bystander.

Learn more at coach.ca/SupportThroughSport.

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