



# Helpful Bystander Behaviour

A bystander is a person who observes or learns about an incident of violence. A helpful bystander means having an awareness about your surroundings, being able to identify violent behaviour, and understanding how you can intervene or address violence, if it happens or if you become aware of it.

## Helpful Bystander

- Supports the victim by understanding and recognizing harmful behaviours
- Intervenes by discouraging negative behaviours, defending the victim or redirecting the situation
- Asks the victim what further support they need and refers the victim, as necessary

## Hurtful Bystander

- Does nothing and remains silent when learning of or witnessing harmful behaviours
- Dismisses the negative behaviour as 'no big deal,' 'kids will be kids' or other excuses
- Instigates or escalates victimization by defending or prompting the aggressor

**The Support Through Sport eLearning series and resources educate coaches on how to be a helpful bystander.**

**Learn more at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).**

*Financial contribution from*



Public Health Agency of Canada  
Agence de la santé publique du Canada