

Who to turn to for help.

[SuzyLamplugh.org](http://www.suzylamplugh.org) – the Suzy Lamplugh trust gives great personal safety advice.



www.childline.org.uk 0800 1111 - **childline**
Childline gives you advice and support on a range of issues that can affect children and young people.



www.london.gov.uk/content/have-a-word: for more advice and support one what you can do for Violence against Women.



www.met.police.co.uk, or call 101. In an emergency dial 999.



Bus drivers can call police to attend the bus and Help Points on train and tube platforms are manned by station staff and (BTP) British transport police. They are all trained in safeguarding.



<https://righttobe.org/guides/bystander-intervention-training> The right to be believe in a world that respects you. This isn't some far-off destination, it's something we're building every day. This is your call to build a world free of harassment.



<https://www.fearless.org/en> - If you need non-judgemental information and advice about crime or you want to report a crime without anyone needing to take your name, then go onto Fearless.org webpage



Talk to an adult you trust, family member or a teacher, they will all help you report it.

If you experience assault or any behaviour of a sexual nature. please report ASAP by calling 101 or by reporting online www.met.police.uk

If you do report it, you can stop it happening to other people. You will receive safety away from the suspect, offered counselling, have an appropriate adult with you, if we seek prosecution, you can use a video link. Courts will often give bail conditions for the suspect not to contact you, including stopping them travel on particular routes or entering certain areas. If they break these, they will be sent back to prison.

In an emergency go to a place of safety such as shop or restaurants dial 999, wait there to police arrive. We will help you.

London Secondary Schools "Have a Word Campaign"

13/04/2024

Violence Against Women and Girls



Have A Word With Yourself Then Your Mates
- Mayor of London



Why are we talking about this?

In this country – and in our city – we currently face violence against women and girls. In the UK, we can change this. And as Londoners, it starts by reflecting on our own behaviour and the way we see, treat and talk about women. We all have a responsibility to raise our voices to help keep women and girls safe. The Most Common age range for unwanted advances and **domestic abuse is 16 - 24**



The latest public attitudes survey shows that females remain less likely to feel safe in their local area with 1 in 5 women reporting experiencing unwanted sexual attention over the last 12 months.



The Major of London along with the MET Police have launched the “Have a Word”, Campaign.

Since September this has been shown on TV, social media and in schools to discuss how we can have a word with our mates if they are displaying aggression or violence towards women and girls.

Behavioural science shows that people are most likely to listen to their peers.

Below are some tips to call out harmful behaviour without humiliating, shaming or escalating the situation:

Don't feel pressured to laugh along to sexist conversations or 'banter'.

Walk away, don't engage with the inappropriate comments or conversation.

Get used to saying 'that's not okay' when you hear sexist jokes from friends, family.

"5 D's" are different methods that bystanders can use to support someone who is being harassed, emphasise that harassment is not okay and demonstrate one of the following, if its safe to do so. The "5 D's" are **Directly** speak up to see if the person is OK. **Distract** the suspect by asking the victim for directions. **Delay** the incident by asking if you can walk with the victim, **Delegate** by getting someone else to help. And **Document** by filming the incident on your phone to help evidence it.