



SAFE Bar TRAINING

THE

SAFE Bar

 NETWORK

www.safebarnetwork.org

THE FACTS

- Sexual harassment is anything unwanted and sexual
- Sexual assault is any sexual activity without consent
- Most often harm is about power and control
- Most often people are hurt by someone they know

CONSENT

- A free and enthusiastic "yes"
- Silence, "maybe", "I don't know" aren't consent
- Someone who has had too much to drink can't consent

THINGS TO NOTICE

- Testing Boundaries
 - ▶ Uncomfortable comments
 - ▶ Unwanted touching
- Alcohol as a Tool
 - ▶ Pressuring others to drink
 - ▶ Targeting someone who has had too much
- Isolation
 - ▶ Separating someone from the group or staff



**NO ONE HAS TO DO EVERYTHING
BUT EVERYONE HAS TO DO
SOMETHING.**

Adapted from SAFE Training, MUCSA and Green Dot, Alteristic

ACTIVE BYSTANDER SKILLS

NOTICE

- If things seem awkward, uncomfortable, or unsafe check in.

INTERRUPT

- **Direct** - do something direct
 - ▶ "You need to stop"
 - ▶ "Do you need help finding your friends?"
- **Delegate** - get others to help
 - ▶ Get a coworker or manager
 - ▶ Get the person's friends to help
- **Distract** - talk about something else
 - ▶ "How's everyone doing tonight?"
 - ▶ "Is there anything I can get you?"

SUPPORT

- Listen to and believe coworkers and customers
- Provide support
 - ▶ Offer options but respect their decision
- Connect them with resources
 - ▶ Connect them with the SAFE Bar Network or a local agency for support

SUPPORTIVE THINGS TO SAY

"I believe you."

"I'm sorry that happened."

"How can I help?"

SEXUAL HARASSMENT AND
SEXUAL ASSAULT
ARE NEVER THE VICTIM'S FAULT.

**FIND MORE RESOURCES AT
[SAFEARNETWORK.ORG/RESOURCES](https://www.safearnet.org/resources)**

HELP IS AVAILABLE
86 Harassment
1-781-277-6679
www.86harassment.com