



# Neighbourhood Watch Safety Training: Harassment

Welcome to the Neighbourhood Watch training module looking at various different types of harassment.

We will explain the types of harassment and equip you to respond when you experience these types of crime while out in the community, workplace, or in public places.

We will give you tips on what to do if you witness harassment towards someone else and how to be an active bystander.

We will lead you through each module and then we will suggest actions that you can take.

We will provide you with videos, links to additional training and reading materials.



# Neighbourhood Watch Safety Training: Harassment

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# Introduction to Harassment

Harassment is unwanted behaviour which you find offensive or which makes you feel intimidated or humiliated.

It can happen on its own or alongside other forms of discrimination.

**Harassment is about power and control and it is often a manifestation of societal discrimination like sexism, homophobia, Islamophobia, classism, ableism and racism. No form of harassment is ever okay; everyone should be treated with respect, dignity, and empathy.**

Unwanted behaviour includes spoken or written words or abuse and physical gestures.

Harassment which happens out on the street limits people's mobility and access to public spaces.



# What is Sexual Harassment?

Sexual harassment includes unwanted sexualised comments, provocative gestures, honking, indecent exposure, being followed, stalking, persistent sexual advances, and touching by strangers.

Sexual harassment happens to people of all genders, but women are most commonly victims of harassment by men.

A UN Women UK survey found that 71% of women of all ages said they had experienced sexual harassment in a public space.

It often happens in public areas such as streets, shopping centres and public transport. It may be when the victim is on their own or in crowded places where people may not notice what is going on.



**Now watch this video to hear a young woman's experience of harassment and the impact it has:  
<https://youtu.be/bGZbyUGm3vs> - a short video about street harassment**



# What you can do if you experience harassment:

## SAY SOMETHING



If it is safe and there are people around you, draw attention to what is happening, Tell the person harassing you why they're making you feel uncomfortable, let them know that their actions are unwelcome, unacceptable, and wrong and ask them to stop what they're doing and to move away from you, Respond to the harasser calmly, firmly, and without insults or personal attack. Once you set these boundaries, don't get into a back and forth dialogue with the person, they may well not be in a mindset where they're willing to listen. Get to safety.

Ask someone around you for help. Tell them exactly what the harasser said or did and what they look like and what they are wearing so they may be able to help to identify them. Ask them to stay with you until you are safe or help you to contact someone in a position of authority (e.g. a police officer or security guard).

## ASK FOR HELP



## RECORD IT



If you feel safe, consider taking a picture or video what's happening - or ask a bystander to do it. Make sure the location and harasser are captured clearly. Once you are safe, you can decide if you want to share your story with someone who can help you or report it to the police.]



# Tips for keeping yourself safe

In your daily life you may find yourself in situations where you are harassed. This may be due to your gender, race, ethnicity, sexuality, disability or just for doing your job. Public spaces should be safe and inclusive for all.

**Prioritise your personal safety – do not challenge anyone who is threatening you or if you believe they may cause harm to you if you do so**

**Remove yourself from the situation if you are in danger or you believe the situation may escalate**

# What to do if you witness harassment

## **DIRECT**

Speak up and tell the harasser that's what they're doing is not ok and ask them to leave the victim alone. Only use Direct as a last resort to prevent violence. Your safety and the victim's safety comes first.

## **DISTRACT**

Interrupt an incident by asking the time or pretending to be lost.

## **DELEGATE**

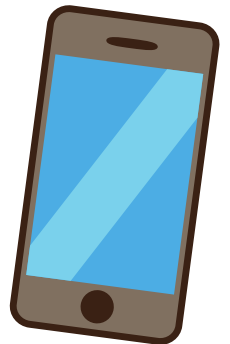
Tell someone nearby what's going on to and ask them if they can do something about it, whether a bus driver, security, a bartender, or the police.

## **DOCUMENT**

Record what is happening but never post footage online or use it without permission.

## **DELAY**

Check in with the person being harassed. Acknowledge that what happened wasn't ok and that it's definitely not their fault. Show the support they need, that you'd appreciate too, if roles were reversed.



Now view this training to learn more:  
[https://www.glamourmagazine.co.uk/  
article/stand-up-street-harassment](https://www.glamourmagazine.co.uk/article/stand-up-street-harassment)

# Reporting harassment

## REPORT IT

Street harassment is vastly under-reported, despite the increasing rates of incidents. By reporting an incident, even anonymously, you will help to raise police awareness and improve their response. The police will record and investigate incidents even if you do not want to give your details



**Do report anything you feel is harassment to the police on 101 or using your police force's online reporting tool**



**Call 999 if you're reporting a crime that's in progress or if you or anyone else is in immediate danger**



**You can also give information anonymously about harassment you have witnessed by calling CrimeStoppers on 0800 555111**



# Encourage your community to share where they don't feel safe

## StreetSafe

StreetSafe is an app for anyone to anonymously share information with the police about public places where they have felt or feel unsafe, because of environmental issues, eg street lighting, abandoned buildings or vandalism and/or because of some behaviours, eg being followed or verbally abused.



<https://www.police.uk/pu/notices/streetsafe/street-safe/>

Please note: 'StreetSafe' is not for reporting crime or incidents.



# Tackling harassment as a community

## Community action

Action by individuals can only go so far to stop street harassment and is unlikely to solve the problem on its own. If you have the time and network connections, consider initiating, organising or participating in action with other members of your community to prevent and tackle street harassment.

**Evaluate your community. How safe is it? Where are the unsafe places? What makes them unsafe?**

## Community safety audits:

To conduct an audit, gather a group of 5-7 people who come from a variety of backgrounds who can offer different perspectives about issues of safety and inclusion. If you can, involve a local PCSO or Neighbourhood Policing Officer and /or a local Council representative.

Walk together around the neighbourhood, once during the day and once after dark. Making notes of areas of concern to members of the group. Eg, poorly lit paths, roads and parks.

Ask each member of the group how safe they would feel if they were alone on the walk or how safe they'd feel waiting alone for a bus. If they answer that they do not feel safe, ask them the reasons why and record that on your notes.

We have developed a guide to help assist you with conducting a Community Safety Audit and you can [download](#) this from our website. The guide includes a [template](#) for you to record your notes.

Once you have the results, you can make recommendations for local police or council to take action to make the area feel safer. We have a [tasking form](#) to help you keep track of the recommendations for you and your partners.



# Taking action as a community together

## Hold or attend an event

Bring together members of your community or university campus to talk about personal safety and brainstorm ways to prevent and combat street harassment in the area.

Offer to speak to members of local community groups to raise public awareness about street harassment and what to do if they experience or witness it

## Use different communication channels

Post messages about street harassment on your social media channels and encourage others to share them. Hand out fliers on the street to raise public awareness

## Mapping project:

This is a great project to do in a group, especially with young people. Give them a map of the community/neighbourhood/school or ask them to draw their own. Ask them to indicate which places are safe and which are not, using red for unsafe places, and green for safe places. Sticky notes or drawings can be used to capture what it is that makes a place feel unsafe. Once they've completed their map, in small or large groups, ask them to talk about what makes them feel unsafe, why, and in what areas. See if there are patterns and brainstorm collective ways to address problem areas.



# Resources and Useful Links

## Online Videos

Young women's experience

<https://youtu.be/bGZbyUGm3vs>

Reclaim the streets

<https://www.youtube.com/watch?v=mqs8WILFyWY>

What would you do?

<https://www.youtube.com/watch?v=ADTQt8FgZ60>

Online short course - Being that active bystander

<https://www.glamourmagazine.co.uk/article/stand-up-street-harassment>

## Helpful tips and resources

Tips for making other people feel safer on the streets | Metropolitan Police

## Support for victims

Support for victims of stalking and harassment | Metropolitan Police

Anyone seeking professional support can contact Victim Support's 24/7 Supportline on 0808 16 89 111 or use their live chat services via the website, [www.victimsupport.org.uk/live-chat](http://www.victimsupport.org.uk/live-chat).



# Support for victims

## Organisations and charities

### Victim Support

Helpline - 0808 168 9111

[www.mysupportspace.org.uk](http://www.mysupportspace.org.uk) - support for victims

### Suzy Lamplugh Trust

National Stalking Helpline - 0808 802 0300

[www.suzylamplugh.org](http://www.suzylamplugh.org)

### Women's Aid

[www.womensaid.org.uk/information-support/what-is-domestic-abuse/stalking/](http://www.womensaid.org.uk/information-support/what-is-domestic-abuse/stalking/)

### Childline

[www.childline.org.uk](http://www.childline.org.uk)

Helpline number - 0800 1111

### Rape Crisis

[www.rapecrisis.org.uk/get-help/](http://www.rapecrisis.org.uk/get-help/)

### Supportline

Helpline number: 01708 765200

[www.supportline.org.uk/problems/stalking-and-harassment/](http://www.supportline.org.uk/problems/stalking-and-harassment/)