

# What to do if you are witnessing Islamophobic harassment

A bystander's guide to help  
the person who's being targeted



- 1 Engage conversation.**  
Go to them, sit beside them and say hello.  
Try to appear calm, collected and welcoming.  
**IGNORE THE ATTACKER.**



- 2 Pick a random subject and start discussing it.**  
It can be anything: a movie you liked,  
the weather, saying you like something  
they wear and asking where they got it...



- 3 Keep building the safe space.**  
Keep eye contact with them and don't  
acknowledge the attacker's presence : the  
absence of response from you two will  
push them to leave the area shortly.



- 4 Continue the conversation until the  
attacker leaves & escort them  
to a safe place if necessary.**  
Bring them to a neutral area where they can  
recollect themselves; respect their wishes if  
they tell you they're ok and just want to go.

