

What to do if you experience abusive behaviour, for instance assault

The situation

You experience being exposed to abusive behaviour, for instance unwanted physical contact, abuse or other transgressive behaviour.

Action

First and foremost, remember to take care of yourself.

If possible, withdraw from the situation and seek help from the nearest volunteer in an orange, yellow, white or brown vest.

After the episode is over

- Seek help! Talk about the experience with a friend or someone you trust.
- A volunteer with an orange, yellow or brown vest can help with the next step, e.g. provide contact to our social workers (white vests) who can help in mental crisis situations or with a report.