

# WHAT TO DO IF YOU EXPERIENCE OR WITNESS HARASSMENT IN SPORTS:

1

**Intervene and address the situation.** Tell the harasser that their behaviour makes you feel uncomfortable and ask them to stop.

2

**Leave the situation.**  
You have the right to do this.

**Don't leave your friend alone!**  
If the harassment is directed at another person help them to leave the situation.

3

**Inform a safe adult about the situation.** Tell them what has happened and who was present.

4

**Contact the "Et ole yksin"-service, if required.**

Contact information:

Helpline +358 503 025 942

Opening hours of the chat and helpline can be found online:

**WWW.ETOLEYKSIN.FI**

Et ole  
*yksin*

Väestöliitto