

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