

TAKE ACTION

It's time to SPEAK UP!

A friend cracks a racist joke at a grill party

An aunt makes fun of an (absent) Jewish sister-in-law at a family meal

A sports colleague makes derogatory remarks about refugees in the locker room

Think about what to say in advance. Commit yourself to speak up next time. You will need the courage of your convictions in situations where you feel vulnerable speaking out. By taking a proactive stance, you are contributing to the observation of human rights and/or to the protection of the physical and emotional well-being of others.

You cannot control other people's behavior, but you can certainly set boundaries and draw the line at the unacceptable. You can put an end to discriminatory talk and avoid giving it a platform. You can invite others to reflect critically on the information, values, reports and ideas coming at them from different angles.

VdS is committed to taking a stand against these new and thriving forms of antisemitism, and to combating every form of indifference towards the sufferings of the Jewish people.

Be brave! Your act of civil courage can make the difference and help ensure someone else's safety today!

What does civil courage look like?

Standing up for others, in this case the Jewish people, can take a variety of forms: It could mean intervening in a conflict happening in public. Or expressing your concern in a letter to the editor of a publication. Or engaging in discussion on social media platforms like Facebook or Twitter. You could also participate in a "[March of Life](#)" for Israel or organize one in your town.

6 Tips on offering your help safely



1) Behave Safely

Help without putting yourself in danger

Don't try to play the hero – helping cautiously can still make a difference. Don't look away, take a closer look. What does the victim need? Speak directly to additional helpers or say loudly that you will organize help. This can already be enough to cause attackers to leave a victim alone.



2) Seek Additional Help

Actively and directly encourage others to help

Get reinforcements e.g., speak to the man who just left the store or turn to the train assistant. Ask for help. People find it difficult to turn down a direct request for help.

Further, asking specific but polite questions can irritate or distract the perpetrator.



3) Look Closely

Observe carefully and remember details about the perpetrator

What does the perpetrator look like? What clothes is he wearing? In which direction did he flee? The police depend on your assistance and can only help only if you speak up. It often comes down to small details which help catch a perpetrator. Write a protocol of events.



4) Call for Help

Use the emergency numbers to organize help (CH: 144)

Anyone can dial a toll-free number like 144. If you don't have a mobile phone or your battery is empty, ask another person to contact the police as quickly as possible. It is important to describe the situation briefly:

- **Where** is the incident happening?
- **Who** is calling?
- **What** has happened?
- **How many** people are affected?

Wait to answer possible questions.

In other countries, call the emergency number for the local police.



5) Focus on the Victim

Take care of the victim

The victim has priority, even if the perpetrator runs away. The victim may be traumatized and in shock. Not all physical wounds are immediately visible. First aid can save a life! Ask others for support.



6) Be a Witness

Volunteer to be a witness

Being willing to make a statement about what you saw or heard is about taking your role as a witness seriously. It goes beyond offering practical help at the time of the incident, and helps clarify exactly what happened so that the perpetrator can be held accountable for his or her actions.