

Types of Abuse

Part of the Sexual Harassment Toolkit

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Physical
Abuse

Emotional
Abuse

Financial
Abuse

Sexual
Abuse

Coercive
Control

Stalking &
Harassment

Gas Lighting

Wildcard
Give an
example of a
type of abuse
and what it is

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kicking
punching
hitting
slapping
punching

no respect
for privacy,
preventing
from seeing
family or
friends

controlling
money,
only given a
small amount
to use, not
allowed to
buy things

rape,
attempted
rape or sexual
assault

threats
humiliation
assault, acts to
harm, punish or
frighten

repeatedly
scares,
distresses or
threatens

causes the
survivor to
question
themselves

Wildcard
Give an
example of a
type of abuse
and what it is

1

You see a classmate being teased about their appearance in the hallway

2

During a group project, one student makes a sexist joke that makes others uncomfortable

3

At a school event, you notice someone being excluded and made fun of by a group of peers

4

On a bus, a student is being harassed for their choice of clothing

5

In a canteen a group of students are spreading rumours about another student

6

You overhear a friend talking about stalking their ex

7

During a PE class a student is being bullied for their athletic abilities

8

At a party you see someone trying to pressure another person into drinking alcohol

Bystander Scenario Cards

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9

A student is being mocked for their accent during a lesson

10

You witness a peer being cyberbullied in a group chat

11

You are down the beach and hear offensive comments being made about someone else on the beach

12

A peer is being made fun of for their food portion

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1

Direct - Tell the teasers to stop and that their behaviour is hurtful

Distraction - Interrupt by asking the classmate to help you with something

Delegate - Inform a school teacher or school counsellor about the situation

2

Direct - Address the joke directly by saying it's inappropriate

Distraction - Change the subject to steer the conversation away from the joke

Group Intervention - Have the group collectively express that such jokes are not acceptable

3

Direct - Approach the group and ask them to include the person

Distraction - Invite the person to join you in another activity

Delegate - Notify an event organiser or teacher about the exclusion

4

Direct - Tell the harasser to stop and that everyone has the right to dress as they choose

Distraction - Start a conversation with the harassed student to divert attention

Document - if safe, record the incident and report it to school authorities

5

Direct - Confront the group and ask them to stop spreading rumours

Distraction - Change the topic to something positive or unrelated

Delegate - Inform a teacher or school counsellor about the rumour spreading

6

Direct - Tell your friend that stalking is harmful and unacceptable

Delay - Talk to your friend later about why their behaviour is wrong

Delegate - Encourage your friend to seek help from a trusted adult or counsellor

7

Direct - Tell the bullies to stop and that everyone is trying their best

Distraction - Suggest a new game or activity to shift focus

Delegate - Report the bullying to the gym teacher

8

Direct - Tell the person pressuring to stop and respect others' choices

Distraction - Offer the pressured person a non-alcoholic drink and engage them in conversation

Delegate - Inform the party host or responsible adult about the situation

9

Direct - Tell the mockers that making fun of someone's accent is disrespectful

Distraction - Ask a question related to the presentation to shift focus

Group Intervention - Have classmates collectively show support for the presenter

10

Direct - Post a message in the chat asking the bullies to stop

Document - Take screenshots of the bullying and report it to a trusted adult

Delay - Check in with the bullied peer privately to offer support and advice

11

Direct - Tell the people making the comments to stop

Distract - Compliment the victim and change the topic

Delegate - Inform responsible adult or life guards.

12

Direct - Tell the person making the comments that they are being disrespectful and the comments are hurtful

Distraction - Sit with the peer and engage them in a conversation

Delegate - Report to a trusted adult or teacher

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