

Like a number of staff at the Cathedral, I live a fair distance away. You may have read in the papers recently about an alleged rape against a female that took place in Fareham which is where I grew up. This has caused quite a stir in the town and has led to the arrest of a male this week after the release of some CCTV footage.

In one of the press articles I read, I was made aware of this Government website – ENOUGH
<https://enough.campaign.gov.uk/>

Throughout the website, there is a focus on abuse towards women and girls but the support offered on the website is available to all victims.

The website is split into sections :

- What is abuse?
- The impact of abuse
- If you experience abuse
- When you witness abuse
- Worried about your behaviour?

The section that I found really interesting was 'when you witness abuse'. There are 3 sub-sections here :

- Should you step in?
- Intervening safely – the 5 Ds
- Reporting abuse

The 5 Ds that are referred to are :

- Delegate – involve others. If you don't feel it is safe or appropriate for you to step in, see if you can get someone else to intervene for you or with you.
- Distract – interrupt the incident. You could do this by dropping something nearby or creating some other minor commotion.
- Document – this technique can help to support and empower the person experiencing abuse and help you to be a witness.
- Delay – if you think it is not safe or appropriate to challenge the situation there and then, it may be best to wait until it has passed.
- Direct action – if it is safe to do this, you can step in and say something that directly calls out the abusive behaviour.

If you see abuse and you don't feel it is safe or appropriate for you to intervene, you can involve others.

You can call the Police on 101 or in an emergency call 999.

If it is unsafe for you to speak, you can then press 55 and you will be transferred to a police call handler trained to deal with 'silent calls'.